YOUR GUIDE TO THE OSCARS!

HELL
CANA
No 860/861 • 13 MARCH 2023

'When I look back on my childhood…I just remember feeling alone a lot'

MEGHAN'S FAMILY HEARTACHE

AS A COURT BATTLE LOOMS, THE DUCHESS FINDS COMFORT AT HOME WITH HARRY

PRINCESS KATE

A DAZZLING DRESS AND CHEEKY RED CARPET MOMENT WITH WILLIAM

WOMEN'S DAY SPECIAL

OPENING UP TO *HELLO!*

HODA AND JENNA

THE TV STARS TALK FRIENDSHIP, ROYAL ENCOUNTERS AND RAISING STRONG GIRLS

JAMIE LEE CURTIS

TEARS OF JOY AS SHE SALUTES HER FAMOUS PARENTS

A MAGICAL NIGHT IN HOLLYWOOD

INSIDE MEET THE FIRST INDIGENOUS MISS WORLD CANADA

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FROM TOP: STEVE PARSONS/GETTY IMAGES; BORIS SPREMO/TORONTO STAR/GETTY IMAGES; NATHAN CONGLETON/NBCU/GETTY IMAGES

editor's letter

Are you excited for Oscar night? Even if you haven't seen every single movie (and who among us has?!), you'll enjoy getting to know this year's nominees in our special countdown package. To further prep your palate, we have a lineup of lavish red-carpet looks from Hollywood's biggest stars as awards season continues in full swing with the BAFTAs and the SAG Awards, both of which have historically been indicators of Academy Awards glory. But as they returned very different results, well, it's anyone's guess what could happen on Hollywood's biggest night. (Use our pull-out ballot to make your own predictions!)

Without a doubt, the most exciting aspect of this year's BAFTAs was Princess Kate's return to the red carpet after a three-year absence. We had a bit of a debate in the office as to which of her go-to evening labels the 41-year-old royal would favour for the occasion: Jenny Packham or Alexander McQueen? See what she chose inside!

As Kate looks set for a thrilling year, her sister-in-law, Meghan, faces challenges on the family front. Our cover story delves into the pending court case with the Duchess of Sussex's sister, Samantha Markle, and the history behind it. Meghan, of course, has long been a passionate advocate for female empowerment, and we're proud to feature a slew of strong and inspiring women, from Oscar favourites like Jamie Lee Curtis and Michelle Yeoh to *Today* show co-hosts Hoda Kotb and Jenna Bush Hager, as well as Emma Morrison, who recently made history as the first Indigenous Miss World Canada.

Another star we're very proud to call our own is Toronto-born actress turned director Sarah Polley, 44: her latest movie, *Women Talking*, has two Academy Award nods! Sarah's first Oscar-nominated film, 2007's *Away from Her*, starred the late, great Gordon Pinsent – to whom we pay tribute in this issue. The legendary Canadian actor had, Sarah wrote, "an enormous capacity for joy." As our hearts go out to his family, we honour that joyful spirit.

Sincerely,

Alison

Alison Eastwood, Editor-in-Chief

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Alison Eastwood

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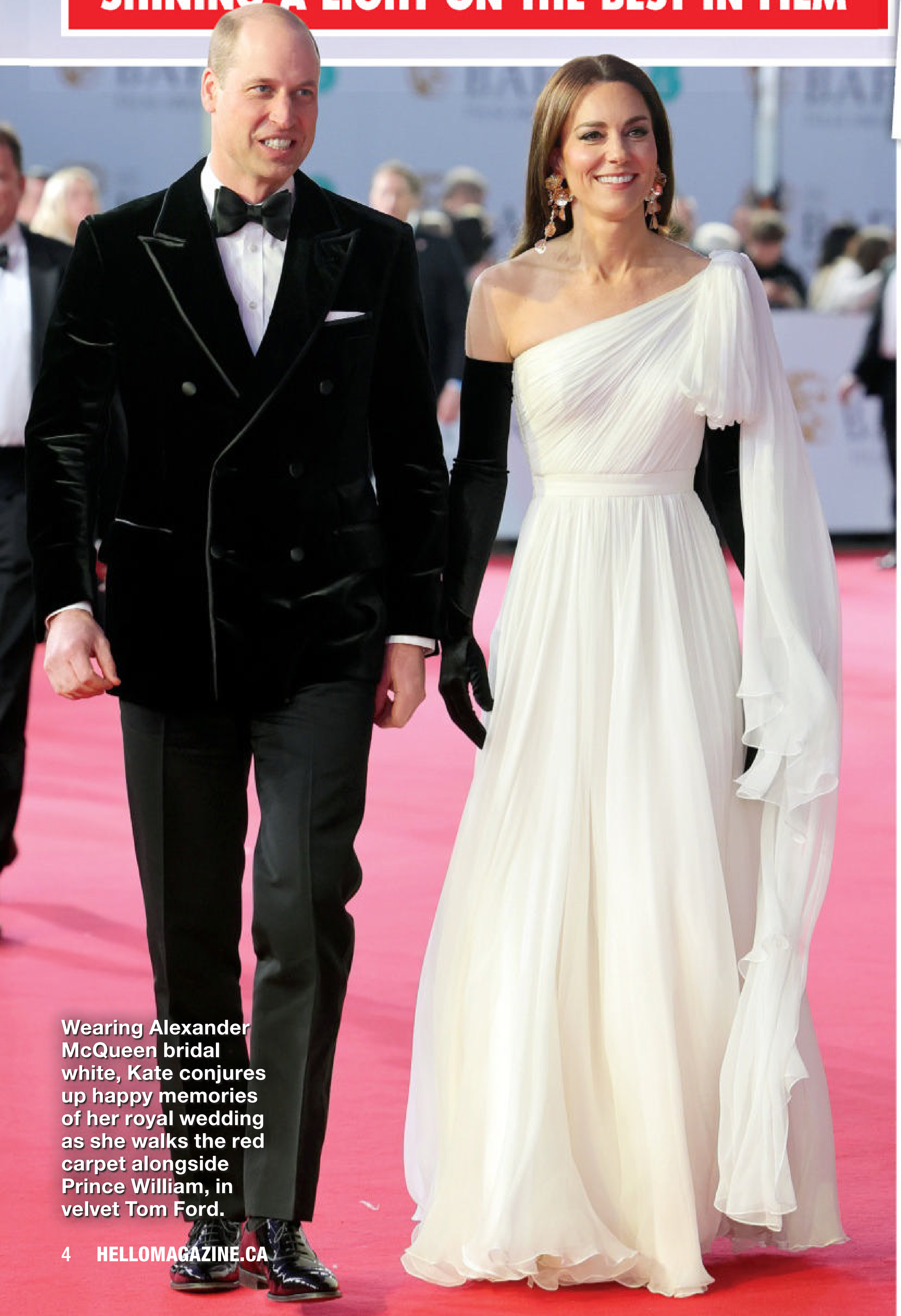
A GLAMOROUS NIGHT AT THE BAFTAS

PRINCE WILLIAM AND KATE

GET PLAYFUL ON THE RED CARPET WHILE SHINING A LIGHT ON THE BEST IN FILM



Wearing Alexander McQueen bridal white, Kate conjures up happy memories of her royal wedding as she walks the red carpet alongside Prince William, in velvet Tom Ford.

The stars were gloriously aligned as the Prince and Princess of Wales stepped out for a glamorous date night.

Attending the BAFTA Awards together for the first time in three years, the dashing couple ruled the red carpet upon making their grand entrance at London Southbank Centre's Royal Festival Hall. All eyes were on the dapper prince, 40 – looking sharp in a black velvet Tom Ford suit – and his exquisite wife of nearly 12 years, who radiated in a scene-stealing, off-the-shoulder white Alexander McQueen gown accessorized with long black opera gloves and dangling high-street earrings.

"Glorious," commented actress Catherine Zeta-Jones, 53, on the royals' Instagram page, complimenting Kate's incredible look.

If the dress seemed familiar, that's because the eco-conscious princess wore a different version of it for the 2019 BAFTAs. Known for recycling her outfits, the mother of three, 41, had expertly switched up the neckline from fabric flowers to a flowy shoulder tie that fluttered in the breeze.

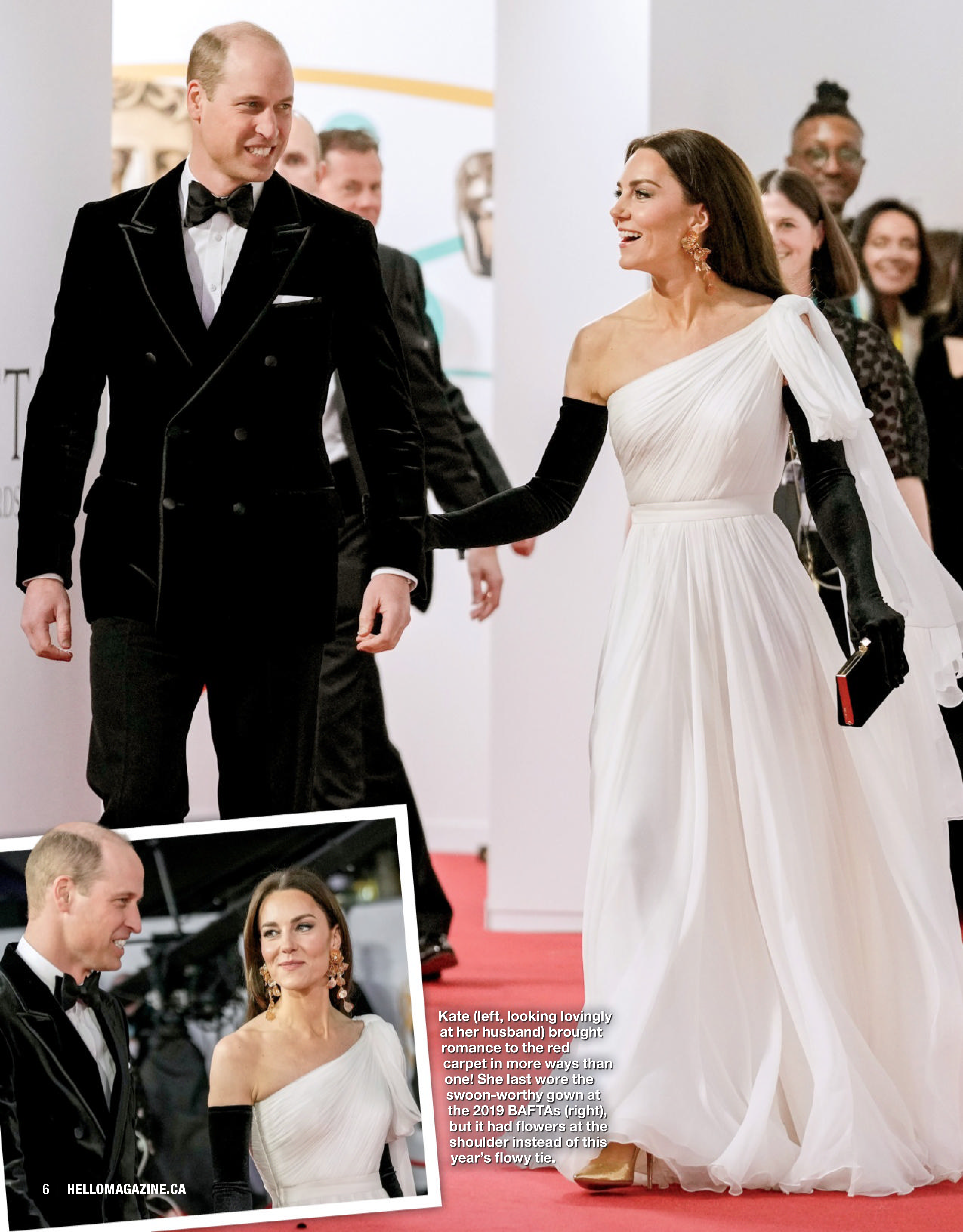
Yet, the unexpected sartorial standout of the night was Kate's pair of black Cornelia James opera gloves, designed by the Queen's favourite glove maker. She completed the winning ensemble with gold heels by Aquazzura and stunning $38 earrings from Zara that sold out online in minutes. Her long, dark locks were straightened to perfection.

Perhaps it was the outfit's flirty vibe that gave the royal permission to let loose on such a formal occasion. Stepping onto the red carpet to mingle with Hollywood's finest, Kate did the unexpected by appearing to give her husband a tender pat on his bottom. The gesture was captured on video and immediately went viral. The love tap looked to be a fun reprimand ▶

CHRIS JACKSON/GETTY IMAGES (3)

It was the prince and princess's first time at the BAFTAs together in three years

William, who has been BAFTA's president since 2010, only has eyes for his wife (above). Kate first joined him at the awards in 2017 and has continued to wear only British designers to the event ever since.



Kate (left, looking lovingly at her husband) brought romance to the red carpet in more ways than one! She last wore the swoon-worthy gown at the 2019 BAFTAs (right), but it had flowers at the shoulder instead of this year's flowy tie.

The royal couple appeared particularly smitten on this special night

after William failed to grab Kate's outstretched hand. Whatever the reason, the world couldn't get enough of how the prince and princess appeared particularly smitten on this special night.

ALL SHOOK UP

After making their way inside, the royal VIPs took front-row seats and were delighted to blend in to the audience as silver-screen stars took the spotlight.

Often dubbed the British Oscars, the BAFTAs offered a few hints as to who might reign supreme at the Academy Awards later this month. The prize for best picture went to the German-language First World War drama *All Quiet on the Western Front*, while Cate Blanchett, 53, won best actress for her role as a tyrannical orchestra conductor in *Tár*. The judges also chose a musical performance in the best actor category, recognizing *Elvis* star Austin Butler, 31, for his brilliant portrayal of the King of Rock 'n' Roll.

"I want to thank the Presley family," he said during his acceptance speech while fighting back tears. "I can't thank you guys enough for your love and for sharing with me who Elvis truly was. I hope I've made you proud. This means the world to me." ▶

FROM LEFT: SCOTT GARFITT/GETTY IMAGES; SAMIR HUSSEIN/GETTY IMAGES (2); CHRIS JACKSON/GETTY IMAGES

William and Kate enjoy the show and later meet (below, from L) *Elvis*'s Austin Butler and the night's Rising Star Award recipient, *Sex Education* star Emma Mackey.

Also hailed for their supporting roles were *The Banshees of Inisherin* stars Barry Keoghan, 30, and Kerry Condon, 40. Giggles ensued when the film was named Outstanding British Film despite having an all-Irish cast.

"I know every Irish person in the cast and crew are going, 'Best *what* award?'" joked director Martin McDonagh, 52, who went on to thank "Rosie, our stand-in donkey, who's British," eliciting a roar of laughter from the crowd.

A SALUTE TO THE QUEEN

Emotions were running high when the show paused to remember those lost over the past year. One of the night's co-hosts, actor Richard E. Grant – whose wife of 35 years, voice and dialect coach Joan Washington, died a year and a half ago of cancer – was visibly shaken as he introduced the In Memoriam video featuring actors like Dame Angela Lansbury, Dame Olivia Newton-John and Robbie Coltrane, who played Hagrid in the *Harry Potter* franchise. His name brought tears to the eyes of his co-star, Dame Emma Thompson, 63, who applauded from her seat.

Prince William was similarly moved when Dame Helen Mirren paid special tribute to his late grandmother. "BAFTA's relationship with Her Majesty was longstanding, and BAFTA would not be what it is today without her loyal support," said Helen, 77, who famously portrayed the Queen on film in 2006.

"In 1953, her coronation broadcast had the world watching. From that time, she was, unquestionably, the nation's leading lady but as mysterious as a silent film star.

"Who else could meet the world's most famous singers, actors and performers and turn them into her supporting cast?" Helen continued. "Throughout her 70-year reign, she met cinema's greatest icons and witnessed the evolution of Hollywood's golden age to the birth of the blockbuster. Her Majesty was front row for it all."

As clips of his grandmother's life illuminated the screen, William got teary-eyed and shared a loving look with his supportive wife.

"Cinema at its best does what Her Majesty did effortlessly: bring us together and unite us in a story," concluded Helen. "Your Majesty, you were our nation's leading star. On behalf of BAFTA, thank you for all that you have done for our film and television industry."

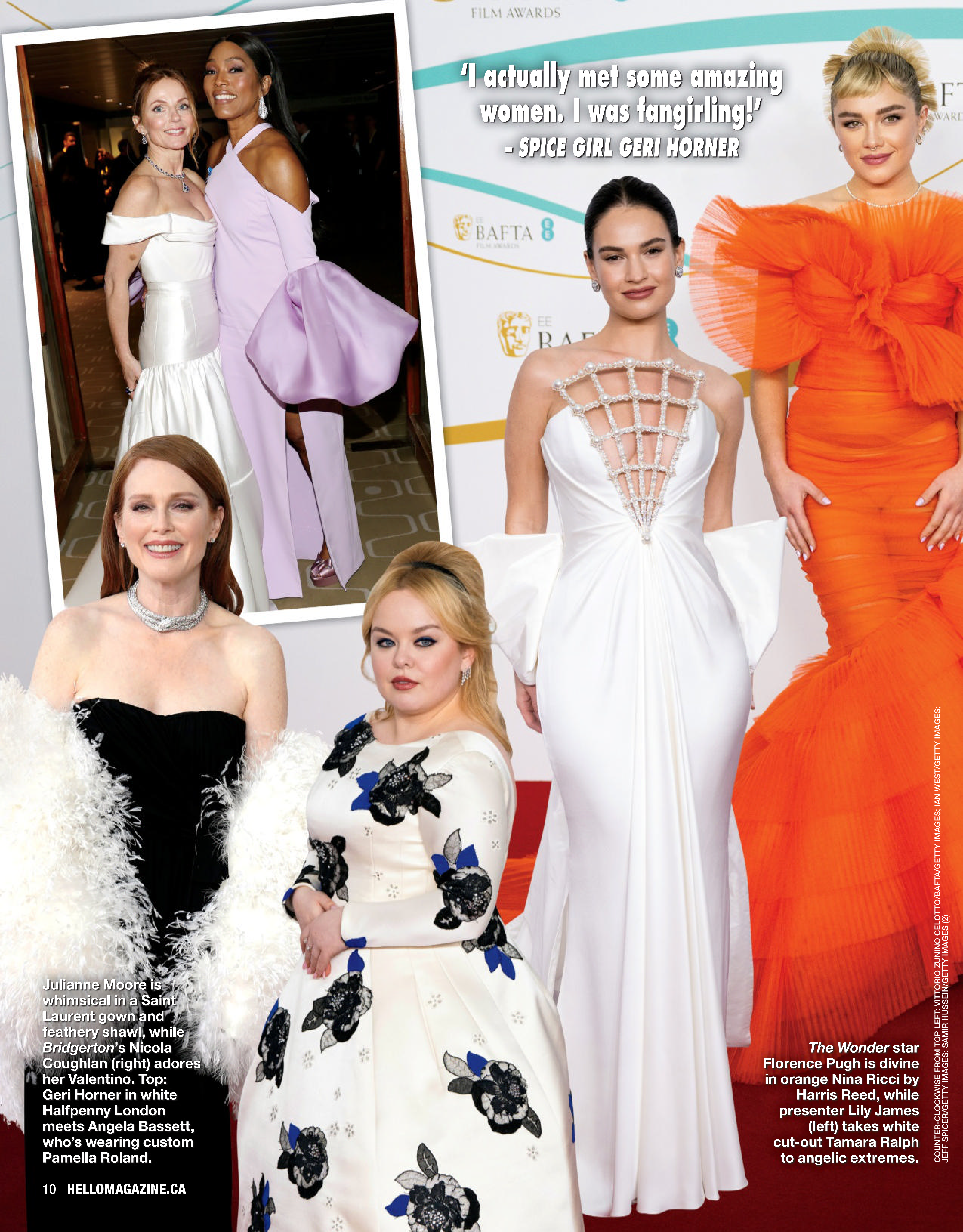
Helen, of course, was the ideal choice to toast Britain's longest-reigning monarch, having ▶

In a touching speech, Helen described the late Queen as 'the nation's leading lady but as mysterious as a silent film star.' It's no wonder, then, that Her late Majesty received her own honorary BAFTA in 2013 (right, at Windsor Castle).

'Your Majesty, you were our nation's leading star' – *DAME HELEN MIRREN*

William tries to contain his emotion (below) as Helen Mirren (left) leads a poignant tribute to his beloved grandmother at the first BAFTAs since the Queen's death. Winners on the U.K.'s biggest night in film included (above, from L) *Tár*'s Cate Blanchett in black Maison Margiela and *Elvis* star Austin Butler, who called the win 'bittersweet' because of the recent passing of Lisa Marie Presley.

CLOCKWISE FROM TOP LEFT: CHRIS JACKSON/GETTY IMAGES; STUART WILSON/BAFTA/GETTY IMAGES (3); KATE GREEN/BAFTA/GETTY IMAGES; STEVE PARSONS/GETTY IMAGES; SCOTT GARFITT/GETTY IMAGES (2)

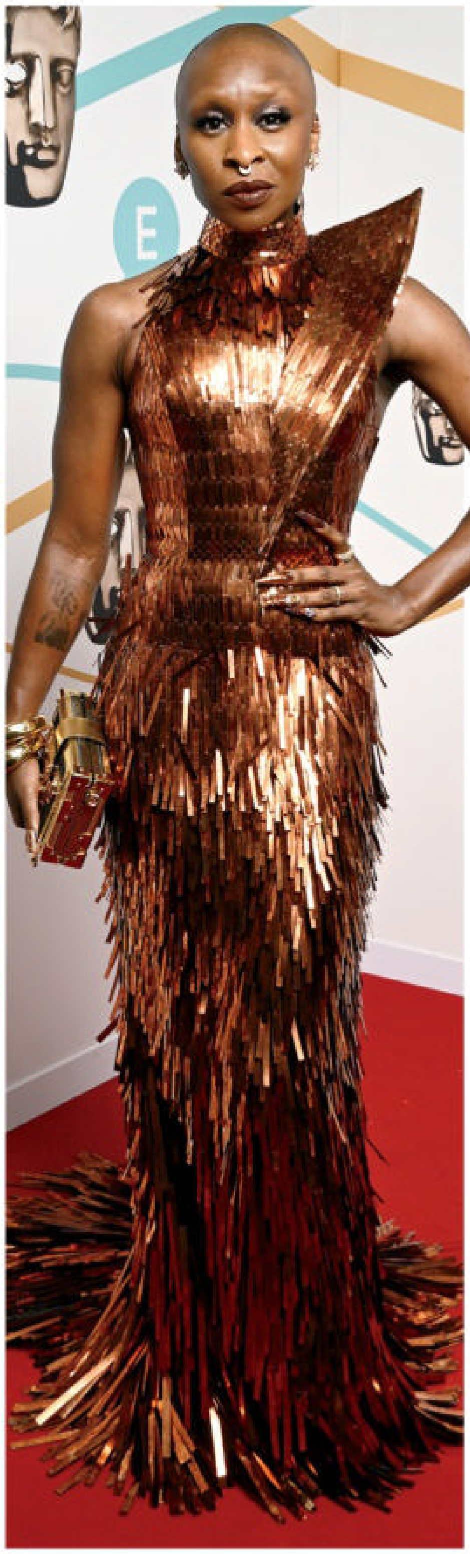


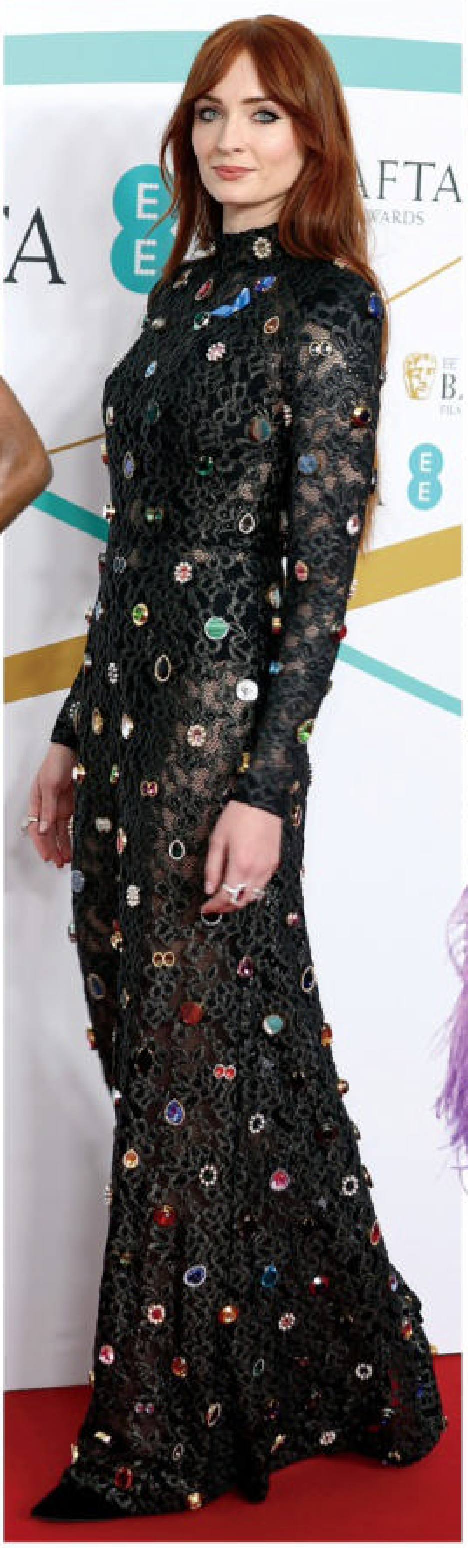
'I actually met some amazing women. I was fangirling!'
- *SPICE GIRL GERI HORNER*

Julianne Moore is whimsical in a Saint Laurent gown and feathery shawl, while *Bridgerton*'s Nicola Coughlan (right) adores her Valentino. Top: Geri Horner in white Halfpenny London meets Angela Bassett, who's wearing custom Pamella Roland.

***The Wonder* star Florence Pugh is divine in orange Nina Ricci by Harris Reed, while presenter Lily James (left) takes white cut-out Tamara Ralph to angelic extremes.**

COUNTER-CLOCKWISE FROM TOP LEFT: VITTORIO ZUNINO CELOTTO/BAFTA/GETTY IMAGES; IAN WEST/GETTY IMAGES; JEFF SPICER/GETTY IMAGES; SAMIR HUSSEIN/GETTY IMAGES (2)





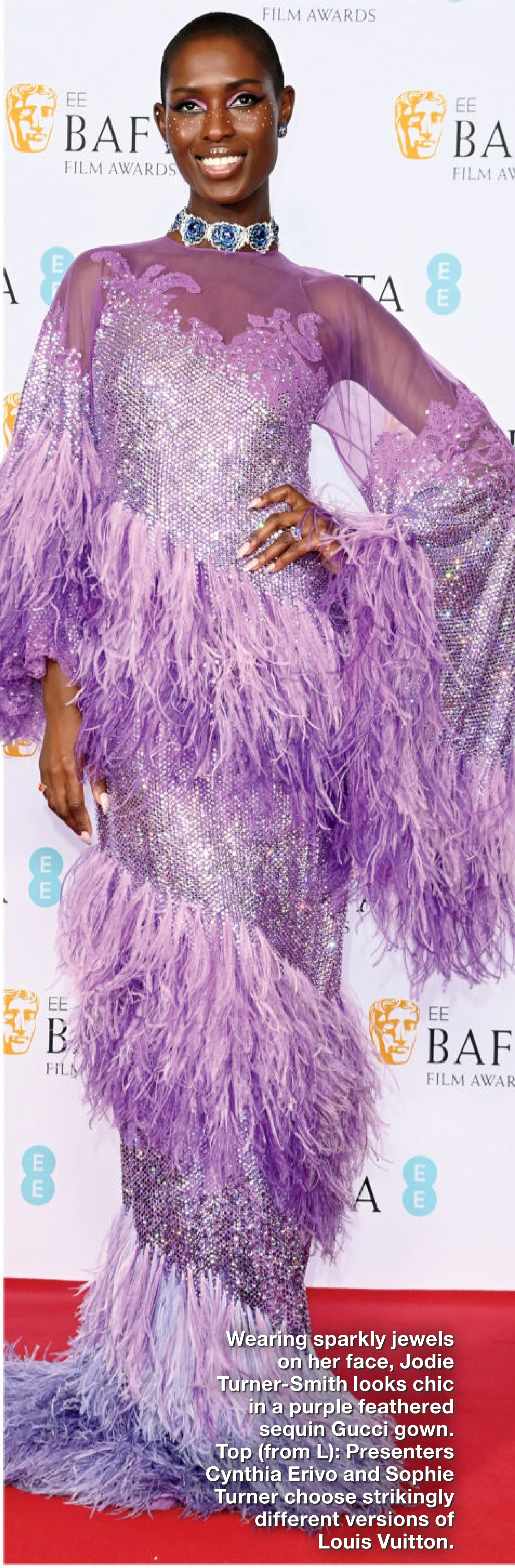
portrayed her onstage and onscreen multiple times and earned a BAFTA and an Academy Award for her uncanny performance in 2006's biopic *The Queen*. Speaking to co-host Alison Hammond, 48, later, Helen confessed that she had wept while rehearsing her speech.

"I did feel very strongly about the Queen," she said. "I'm Elizabethan. She was there for my whole life, so her passing was massive for me."

ALL-STAR STYLE

While royalty certainly made its mark on the evening, there was no shortage of Hollywood pizzazz, especially on the red carpet. Florence Pugh looked sharp in an orange sculpted Nina Ricci dress, which she paired with micro bangs and a spiky bun. Jodie Turner-Smith (wife of Canada's Joshua Jackson) brought the drama in a bedazzled and feathered purple Gucci gown. And adding a little spice to the event was none other than Geri Horner, who was giving off bridal vibes in a white corseted wedding dress by Halfpenny London. After rubbing shoulders with the likes of Angela Bassett, Cate Blanchett and Michelle Yeoh, Ginger Spice showed you're never too famous to be starstruck. "I actually met some amazing women," she gushed. "I was fangirling!" H

REPORT: SUZANNE WINTROB



Wearing sparkly jewels on her face, Jodie Turner-Smith looks chic in a purple feathered sequin Gucci gown. Top (from L): Presenters Cynthia Erivo and Sophie Turner choose strikingly different versions of Louis Vuitton.

FROM LEFT: GARETH CATTERMOLE/BAFTA/GETTY IMAGES; MIKE MARSLAND/GETTY IMAGES; DAVID M. BENETT/GETTY IMAGES

1930 - 2023

FAREWELL TO A CANADIAN ICON GORDON PINSENT

THE ACTING LEGEND AND FATHER OF THREE WON THE HEARTS OF GENERATIONS

Gordon Pinsent had fellow Canadian Justin Bieber to thank for teaching him the meaning of the word "viral." It was 2010 and the 80-year-old acting icon was stunned to be trending online after donning a jacket and bow tie to sit fireside and read excerpts of the teen singer's memoir on CBC's satiric show *This Hour Has 22 Minutes.*

"I just don't get it!" Gordon told the *Toronto Star* after the tongue-in-cheek sketch aired. "It was just wild. Suddenly overnight this thing was just happening and I couldn't believe it. YouTube went crazy."

Just like that, a whole new generation fell in love with the legendary actor, director, author and proud Newfoundlander, who passed away "peacefully" in his sleep on Feb. 25 at age 92 with his children – daughters Leah and Beverly and son Barry – by his side.

Born in Grand Falls, Nfld., on July 12, 1930, Gordon caught the acting bug at 17, lending his rich baritone voice to local theatre and CBC radio dramas before taking to the Stratford Festival stage. Television followed, with early spots on *The Forest Rangers* (Canada's first series shot in colour) preparing Gordon for some of his best-known credits on *Street Legal*, *Republic of Doyle* and *Due South*, the first Canadian production to win a spot on U.S. prime time.

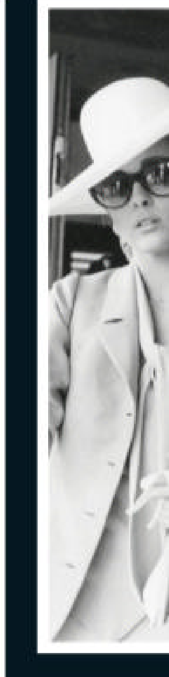
He also impressed in films like 1968's *The Thomas Crown Affair* and 2013's *The Grand Seduction*, which was shot in Gordon's home province and earned him a Canadian Screen Award. "Being with Gordon Pinsent in rural Newfoundland is a bit, what I would expect, like what being with Jesus in Bethlehem is like," joked co-star Mark Critch. "People were just coming out of the woodwork."

But it was his turn in Sarah Polley's film *Away from Her* at age 75 that once again had critics and fans buzzing. The affable father of three won hearts opposite British actress Julie Christie – and garnered a best actor Genie and ACTRA award – for his emotionally charged portrayal of a husband losing his wife to Alzheimer's disease. As a milestone birthday gift that year, his hometown renamed its arts and culture centre after him.

Ever the patriotic Canadian, Gordon was thrilled to list the companion of

> **'Our North Star, a true Renaissance man'**
>
> **- RICK MERCER**

CLOCKWISE FROM TOP RIGHT: J. VESPA/GETTY IMAGES; ALAMY; LIONS GATE/EVERETT COLLECTION/CP; HBO/EVERETT COLLECTION/CP; WORLD ENTERTAINMENT CORP/EVERETT COLLECTION/CP; PHOTOFEST; GEORGE PIMENTEL/GETTY IMAGES; DARRYL JAMES/GETTY IMAGES; BORIS SPREMO/TORONTO STAR/GETTY IMAGES; SARAH POLLEY TWITTER; GEORGE PIMENTEL/GETTY IMAGES



Though he found early success in Hollywood (above, in 1967), the Newfoundland native was happiest at home. Right: With wife Charmion King, their actress daughter, Leah, and her husband, actor Peter Keleghan, in 2006 (sadly, Charmion died the following year). Fellow Canadian great Christopher Plummer (far right, in 2011) once called Gordon 'quixotic, credulous, witty yet sensitive, passionate yet reserved and, above all, deliciously wicked.'

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STARRING GORDON PINSENT
THE DRAMATIC SAGA
OF THE STURGESS FAMILY
A GIFT TO LAST
BY
GORDON PINSENT &
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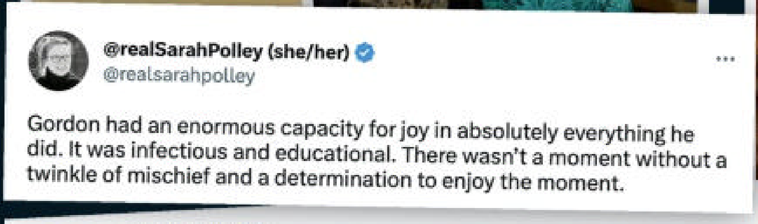
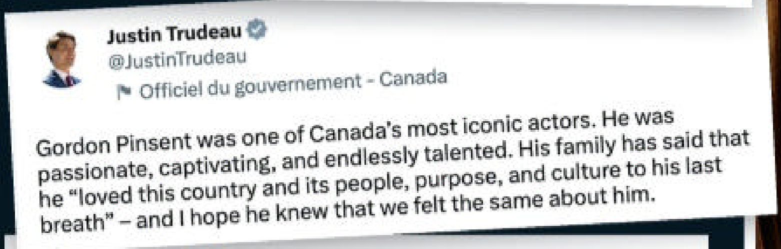


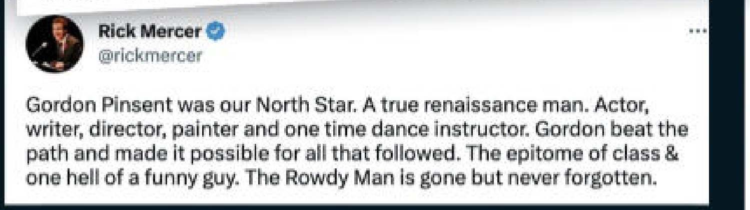
@realSarahPolley (she/her)
@realsarahpolley

Gordon had an enormous capacity for joy in absolutely everything he did. It was infectious and educational. There wasn't a moment without a twinkle of mischief and a determination to enjoy the moment.



Justin Trudeau
@JustinTrudeau
Officiel du gouvernement - Canada

Gordon Pinsent was one of Canada's most iconic actors. He was passionate, captivating, and endlessly talented. His family has said that he "loved this country and its people, purpose, and culture to his last breath" – and I hope he knew that we felt the same about him.



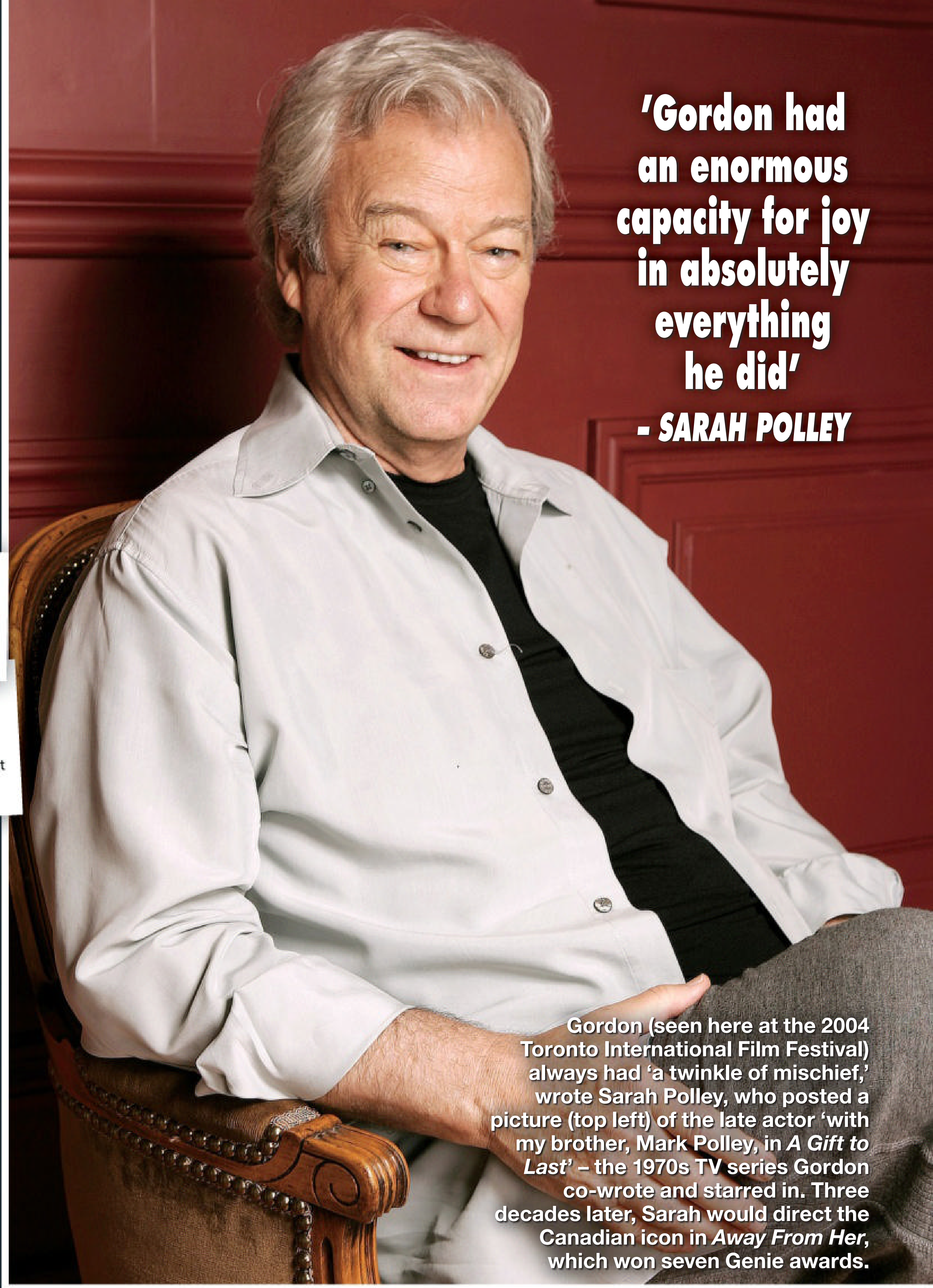
Rick Mercer
@rickmercer

Gordon Pinsent was our North Star. A true renaissance man. Actor, writer, director, painter and one time dance instructor. Gordon beat the path and made it possible for all that followed. The epitome of class & one hell of a funny guy. The Rowdy Man is gone but never forgotten.

the Order of Canada and a star on Canada's Walk of Fame among his many honours. That's because wherever his travels took him, returning to Newfoundland and Labrador was his greatest joy.

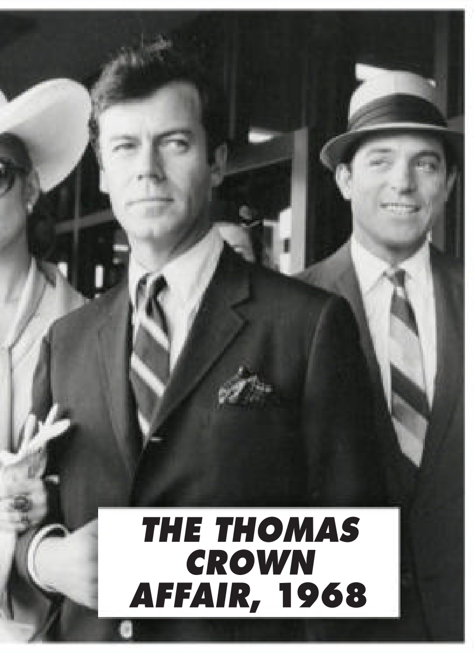
As his son-in-law Peter Keleghan touchingly noted, "Gordon passionately loved this country and its people, purpose and culture to his last breath." **H**

REPORT: SUZANNE WINTROB



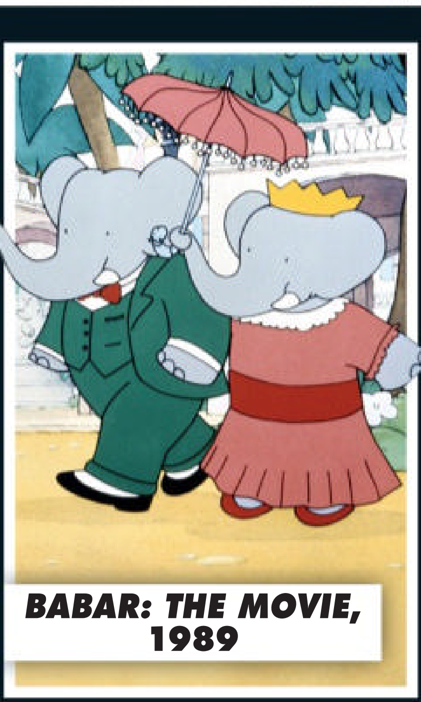
> **'Gordon had an enormous capacity for joy in absolutely everything he did'**
> **– *SARAH POLLEY***

Gordon (seen here at the 2004 Toronto International Film Festival) always had 'a twinkle of mischief,' wrote Sarah Polley, who posted a picture (top left) of the late actor 'with my brother, Mark Polley, in *A Gift to Last*' – the 1970s TV series Gordon co-wrote and starred in. Three decades later, Sarah would direct the Canadian icon in *Away From Her*, which won seven Genie awards.



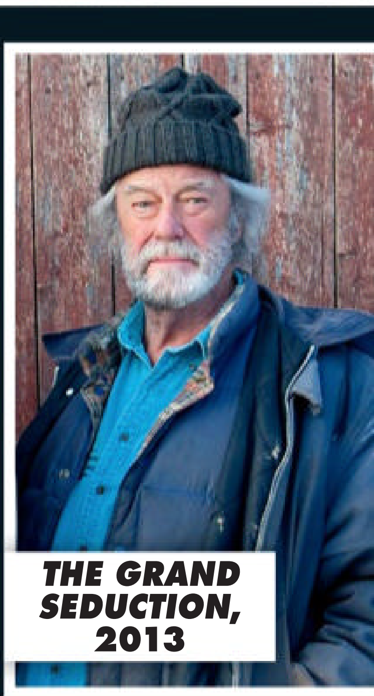
THE THOMAS CROWN AFFAIR, 1968

KLONDIKE FEVER, 1980



BABAR: THE MOVIE, 1989

AWAY FROM HER, 2006



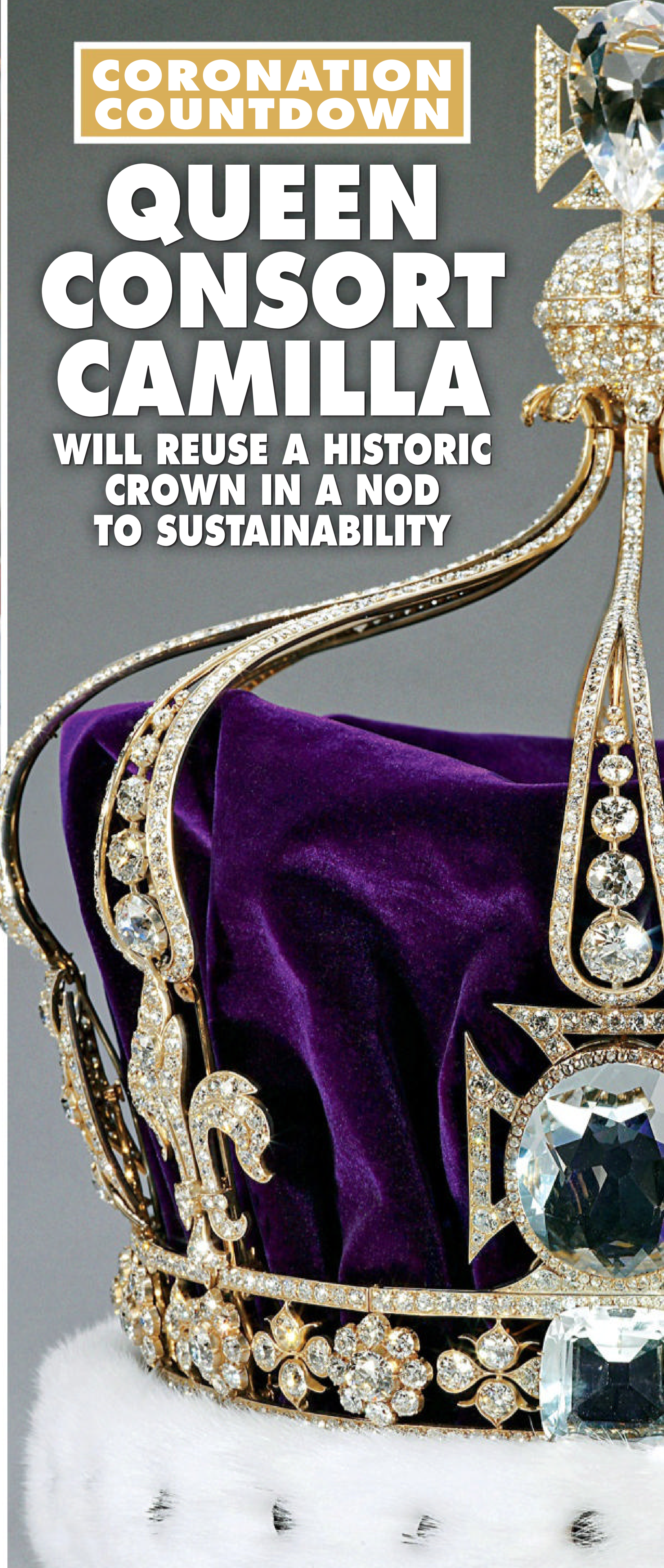
THE GRAND SEDUCTION, 2013

Like the late Queen, the Queen Consort has her favourite jewelry pieces – in this case, a brooch worn with sparkling earrings at Kate's *Together at Christmas Carol Service* in December.

CORONATION COUNTDOWN

QUEEN CONSORT CAMILLA

WILL REUSE A HISTORIC CROWN IN A NOD TO SUSTAINABILITY



Queen Consort Camilla has chosen her coronation crown – and it's the same one that her husband King Charles's great-grandmother wore more than 100 years ago.

The art deco-inspired headpiece, paid for by Queen Mary herself (and part of the Tower of London display), was made by Garrard & Co. for her 1911 coronation alongside husband George V.

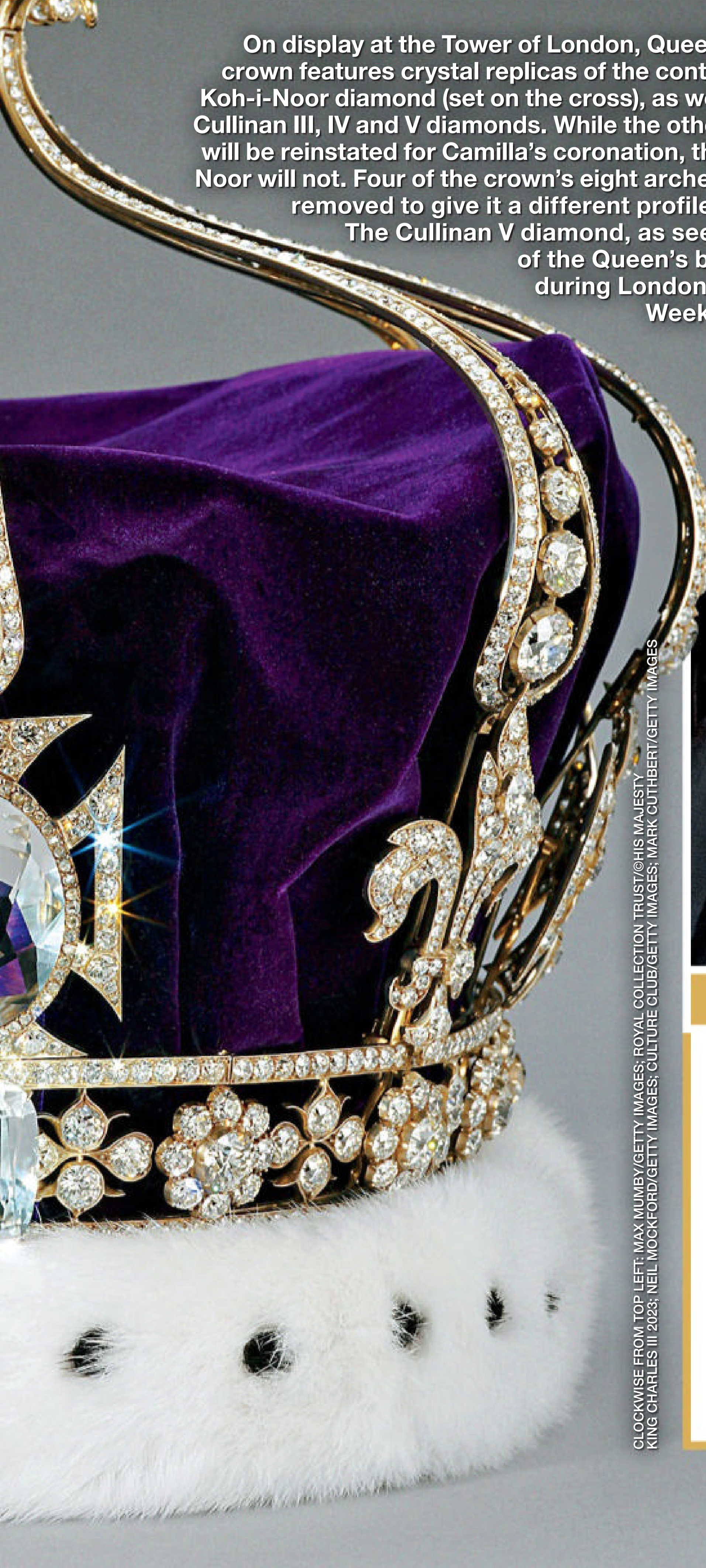
"The choice of Queen Mary's crown by Her Majesty is the first time in recent history that an existing crown will be used for the coronation of a consort instead of a new commission being made," says Buckingham Palace – it's been almost 300 years since that happened. The decision was made "in the interests of sustainability and efficiency."

A ROYAL TRIBUTE

Crown jeweller Mark Appleby has begun work on modifications to reflect Camilla's style and taste. Paying tribute to her late mother-in-law, Queen Elizabeth II, it will be reset with the Cullinan III, IV and V diamonds – part of Her late Majesty's personal jewelry collection and often used in her brooches over the years. The Cullinan III and IV diamonds were added to Queen Mary's crown at the 1911 coronation, while the Cullinan V was inserted when she wore it as a regal circlet – without the removable arches – at her son George VI's coronation in 1937.

The original crown also contained the controversial Koh-i-Noor diamond (though that, like the Cullinan diamonds, was later replaced with a crystal replica for display purposes). Ownership of the Koh-i-Noor has been under dispute for decades by India and Pakistan because it was seized by the British from the city of Lahore in 1849. It will not be used in the modified version.

Meanwhile, St. Edward's Crown, which will be placed on King Charles's head at the moment of coronation on May 6, has returned to public display at the Tower following its own modification work. The centrepiece of the Crown Jewels, it was made for Charles II in 1661 to replace the one melted down during the Civil War. The last monarch to be crowned was the late Queen in 1953.



On display at the Tower of London, Queen Mary's crown features crystal replicas of the controversial Koh-i-Noor diamond (set on the cross), as well as the Cullinan III, IV and V diamonds. While the other jewels will be reinstated for Camilla's coronation, the Koh-i-Noor will not. Four of the crown's eight arches will be removed to give it a different profile. Above: The Cullinan V diamond, as seen in one of the Queen's brooches during London Fashion Week in 2018.

George V and Queen Mary – wearing the crown made for the occasion – in a hand-coloured photo (above) to mark their coronation.

Andrew with the then-Prince of Wales and Duchess of Cornwall at the Royal Variety Performance in 2010.

ANDREW LLOYD WEBBER'S CORONATION ROLE

Andrew Lloyd Webber – the man behind scores of legendary musicals, from *Joseph and the Amazing Technicolor Dreamcoat* to *Cats* to *The Phantom of the Opera* – has been commissioned to compose a new coronation anthem.

Describing himself as "incredibly honoured," the British musical theatre composer and impresario, 74, said he hopes his piece, which will be played at Westminster Abbey when King Charles and Camilla, 75, are crowned on May 6, "reflects this joyful occasion."

Charles, 74, has commissioned a total of 12 works (one of which is a coronation march) from British composers, including Judith Weir, who will be serving as Master of the King's Music. The pieces will showcase talent from the U.K. and the Commonwealth and reflect His Majesty's lifelong love of the arts.

At the King's request, Greek Orthodox music will also feature in tribute to his father, Prince Philip, who died in April 2021.

CLOCKWISE FROM TOP LEFT: MAX MUMBY/GETTY IMAGES; ROYAL COLLECTION TRUST/©HIS MAJESTY KING CHARLES III 2023; NEIL MOCKFORD/GETTY IMAGES; CULTURE CLUB/GETTY IMAGES; MARK CUTHBERT/GETTY IMAGES

STANDING STRONG IN THE FACE OF HEARTACHE

THE DUCHESS OF SUSSEX

AS A COURT BATTLE WITH HER FAMILY LOOMS, MEGHAN FINDS COMFORT IN THE LOVE OF HER HUSBAND AND CHILDREN

As an ‘only child,’ Meghan recalls her first big family Christmas at Sandringham as ‘amazing.’ But her half-sister, Samantha Markle (right), wants the duchess to acknowledge – in court – that she’s always had siblings in her life.

Every family is complex” – that’s what Prince Harry said after he brought his fiancée, Meghan Markle, to her first Christmas at Sandringham back in 2017. Little did he know how those words would come to define so much of their life together. And while he was referring to the particular traditions and dynamics at the Windsor holiday gathering, he was also offering a glimpse into his soon-to-be bride’s complicated relationship with her own kin when he added, “[My] family loved having her there ... It’s the family, I suppose, she’s never had.”

Fast-forward five years and Harry, 38, and Meghan, 41, are both navigating family dramas. Now that they’ve left royal life behind, the Duke and Duchess of Sussex’s strained relationship with King Charles and the Prince and Princess of Wales is front-page news, not to mention the subject of Harry’s recent memoir, *Spare*. Meghan, too, has been at odds with those related to her – and may have to face them soon in a court of law.

While the duchess is very close to her single mother, ▶

CLOCKWISE FROM TOP LEFT: NETFLIX (3); PATRICK VAN KATWIJK/GETTY IMAGES; SPLASH NEWS; CHRIS JACKSON/GETTY IMAGES

> 'When I look back on my own childhood, it was great, but I just remember feeling alone a lot'
>
> *- MEGHAN*

Meghan grew up in California, bouncing between the homes of her divorced parents, Thomas Markle and Doria Ragland (top). Today, she remains close with her mom (above left), but the self-proclaimed 'Daddy's girl' is estranged from her father.

'Harry's dad is very charming. I asked him to walk me down the aisle and he said, "Yes"' - *MEGHAN*

Harry is thrilled when his father (here, with Meghan on her wedding day) and Camilla (above right, at one of Charles's 70th birthday celebrations) see how 'confident and intelligent' the former *Suits* actress is and hopes she also hits it off with his beloved sister-in-law, Kate (right, at Wimbledon).

'It's the family, I suppose, she's never had'

- HARRY ON INTRODUCING MEGHAN TO THE ROYALS

CLOCKWISE FROM LEFT: DOMINIC LIPINSKI/GETTY IMAGES; CHRIS JACKSON/GETTY IMAGES; KARWAI TANG/GETTY IMAGES

Doria Ragland, 66, who's been steadfastly by her daughter's side throughout the ups and downs of life in the Royal Family, Meghan hasn't spoken to her father, Thomas Markle, 78, since just before her 2018 wedding. Meanwhile, her half-sister, Samantha Markle, has filed a lawsuit seeking US$75,000 in damages as a result of comments made about her in Harry and Meghan's 2021 interview with Oprah Winfrey – remarks that, Samantha claims, have caused her "humiliation, shame and hatred on a worldwide scale."

Meghan has petitioned to get the case thrown out. But last month, a Florida judge ruled that it will go forward with depositions – and a trial date has been set for Oct. 2.

'I WISHED I HAD SIBLINGS'

At the heart of the rift is Samantha's insistence that she was always there for Meghan as a child, driving her to school and taking her to the mall. "We were very much integrated into each other's lives," she told *Good Morning Britain*. "She was the baby in our household; we never addressed each other as half-sister."

But Meghan saw it very differently, telling Oprah, "I grew up as an only child. I wished I had siblings." She expanded on the subject in last year's Netflix docuseries *Harry & Meghan*, saying that her father's children from his first marriage (Samantha, 58, has a younger brother, Thomas Jr., 56) were simply not present. "I don't remember seeing [them] at my dad's house if and when they would come around … We didn't have a closeness."

The fact that Samantha has repeatedly talked to the press and, in January 2021, published a book called *The Diary of Princess Pushy's Sister* has certainly not helped. "My half-sister, who I hadn't seen for over a decade – and that was only for a day and a half – suddenly it felt like she was everywhere," Meghan says in her docuseries. "I don't know your middle name. I don't know your birthday. You're telling these people you raised me, and you've coined me 'Princess Pushy.'"

While Meghan is confounded by Samantha's actions, she's even more distraught over what has happened with her father. Growing up in Los Angeles, she was doted on by Thomas, who worked as a lighting director on the hit TV shows *Married… with Children* and *General Hospital* and often took her on-set. "He spent every single minute he could with her," his older son, Thomas Jr., tells royal biographer Andrew Morton in *Meghan: A Hollywood Princess*. "My dad was more in love with her than anyone

else in the world, and that included Doria."

When her parents' marriage fell apart, Meghan lived with her mom, a yoga instructor and caregiver, and saw her father on weekends. Later, she moved in with Thomas because he lived closer to her high school. "I was a daddy's girl my whole life, and I was with him a lot," says Meghan. In fact, Harry writes in his memoir that "still, even in her 30s, she called him 'Daddy.'"

But, he reveals, the couple started worrying about Thomas – whom the duke calls "a complicated man" – soon after they started dating. "Meg felt her father would never be able to withstand the psychological pressures that come with being stalked by the press," maintains Harry.

Things came to a head in the days before their wedding, when they found out Thomas had staged candid photos with the paparazzi for money. He initially denied it but later texted, "I'm so ashamed." Soon after, Harry writes, "we heard, along with the rest of the world, that he had apparently had a heart attack and wasn't coming to the wedding."

In her time of need, Meghan turned to her new father figure, then-Prince Charles. "Harry's dad is very charming," she says in the Netflix series. "And I said to him, 'I've lost my dad in this.' So I asked him to walk me down the aisle and he said, 'Yes.'"

'WELCOME TO THE FAMILY'

Having his father be there for his bride meant a lot to Harry – he desperately wanted his family to embrace his soulmate. The first time he introduced Meghan to Charles and his wife, Camilla, Harry gave his girlfriend a few tips. "Pa likes it when women wear their hair down" and "doesn't approve of women who wear a lot of makeup." She heeded his advice on both counts and dazzled the future King. "Her confidence, her intelligence," writes Harry, "caught him unawares." The prince remembers thinking, "Well, that's that, then. Welcome to the family."

The times that Meghan spent with the late Queen also went swimmingly, especially their first engagement together, just weeks after the wedding, when Her Majesty placed a blanket over the new royal's lap to keep her young charge warm. "I recognize and respect and see that [she is] the Queen," Meghan says in her documentary, "but… I'm so ▶

Meghan's mom, Doria (above left and below), is an intrinsic part of her – and now her family's – life. 'We can just have so much fun together,' the duchess told *Glamour* magazine, 'yet I'll still find so much solace in her support.' Above: On her first engagement with the Queen in 2018, Meghan wore her hair down – Harry says in his book that 'Granny' liked it that way.

CLOCKWISE FROM LEFT: STEVE PARSONS/GETTY IMAGES; MAX MUMBY/INDIGO/GETTY IMAGES; NETFLIX

‘What’s most important to the two of us is that we don’t repeat the mistakes that our parents made’

- *HARRY*

The Sussexes enjoy a nuclear family life in Montecito, Calif., after arriving with Archie (top right) in early 2020 and welcoming Lilibet (above and top) in 2021. ‘Seeing Archie run across the lawn with this big smile, this is the world that he knows,’ Harry says in the Netflix docuseries. ‘He spent his first five months in Windsor – that was it. This is home to him. This is home to Lili. This is our home.’

grateful that there is a grandmother figure, ’cause that feels like family. And because I was so close with my grandmother, and I took care of her in her final years.”

‘A PICKET FENCE, A SHAGGY DOG’

It’s no wonder, then, that Meghan found her first Christmas at Sandringham – when the newly engaged couple stayed with Prince William and Kate and their kids at Anmer Hall and joined in the larger family festivities – an “amazing” experience. “When I look back on my own childhood, it was great, but I just remember feeling alone a lot. I just wanted all these cousins and these people. So when I was pregnant with Archie, I was so excited that we were going to be able to create this for him.”

But just months after their son was born, Harry, Meghan and Archie would say goodbye to that big but “complex” family and start over in Montecito, Calif., completing their family with daughter Lilibet Diana (named for the Queen and Harry’s beloved late mother) in June 2021. They’re said to have purchased property in another Santa Barbara neighbourhood, Hope Ranch, where Harry can ride his horses.

Although the Sussexes are cut off from much of their extended family, grandma Doria is close by, Harry’s closest cousin, Princess Eugenie, visits often (she just returned from a trip to California), and they’ve found a loving and supportive community. “They’re creating their own family – and friends can be family, too,” says Meghan’s pal, tennis superstar Serena Williams, in the TV series. “They can start something fresh and new and hope that, one day, that family on both ends will be able to understand that this is truly love.”

While hard-fought, this peaceful and cozy existence comes close to a vision Meghan shared in a poem when she was just 12 and being shuttled between her divorced parents’ homes: “I want to live that nuclear life with a happy dad and his loving wife, a picket fence, a shaggy dog, a fireplace with a burning log.”

Now, there are three dogs, plenty of chickens, a beautiful garden, a big yard and the ocean nearby. “A part of what’s beautiful here is to have family moments out in the world,” says Meghan. “I want our kids to be able to do that, to be able to travel and to fall in love. I just want them to be happy.” H

REPORT: SHANDA DEZIEL

SUPER SLIP N SLIDE

NETFLIX (5)

A FRIENDLY ROYAL RIVALRY

KATE AND WILLIAM

GO HEAD-TO-HEAD AT RUGBY MATCH WHILE THE PRINCESS'S OUTFIT SPARKS DEBATE

All's fair in love and rugby rivalries! The Prince and Princess of Wales found themselves in the unusual position of cheering for opposing sides when they attended a recent England versus Wales Six Nations rugby match in the Welsh capital of Cardiff.

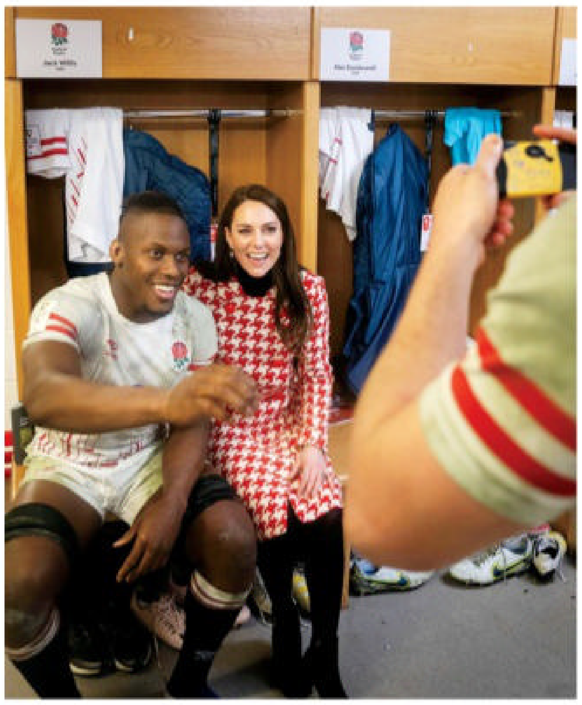
With Kate a proud patron of the English squad – a role previously held by Prince Harry – and William holding the equivalent title with the Welsh Rugby Union, this was one time that the royal couple had trouble showing a united front. "It's going to be a very tense journey home," William joked on the BBC before the game. "If we win today, my wife won't speak to me. It will be a tense evening."

That said, Kate proved she could be diplomatic by wearing a Catherine Walker houndstooth coat that featured both teams' colours – English white and Welsh red – although in the end, her side was victorious.

BABY BUZZ

The princess's choice of outerwear had royal watchers wagging their tongues for a completely different reason, considering that last time she wore it she was six months pregnant with their youngest child, Prince Louis, now 4. Fans would be only too happy if Kate – who is also a mom to Prince George, 9, and Princess Charlotte, 7 – had a reason to start pulling out her favourite maternity looks.

William, though, is seemingly content with three. During an engagement last year, after watching Kate holding and cooing at a baby girl, he joked to the adoring crowd, "Don't give my wife any more ideas!" H



Kate wears the same Catherine Walker houndstooth coat she donned while pregnant with Louis in 2018 (left). Far left: The princess shows her team spirit in England's locker room, while William shares a laugh with his squad.

CLOCKWISE FROM RIGHT: MATTHEW HORWOOD/GETTY IMAGES; KARWAI TANG/GETTY IMAGES; PRINCE AND PRINCESS OF WALES INSTAGRAM (2); JOE GIDDENS/GETTY IMAGES

KATE SERVES UP A FLIPPIN' GOOD TIME

It's all in the flick of the wrist! The Princess of Wales couldn't help but have a laugh when a cooking demonstration didn't quite pan out during a recent visit to Oxford House Nursing Home in Slough.

Touring the site on Shrove Tuesday – Pancake Day – the mom of three (left and right, arriving in a stylish blue ensemble and camel-coloured Max&Co. coat) had residents in giggles as she struggled to free her batter mix from the griddle. "See this is where I go wrong," she said, as head chef Anna Wright looked on. "I always try to turn them too quickly." Eventually, Kate flipped her pancake (top right, with Anna) and joked about her performance. "Definitely don't eat this one," she quipped. "The ones that were made earlier are much nicer!"

During her visit, Kate, 41, learned about ways that Oxford House is supporting residents by turning to cutting-edge technology, like an interactive wall that will benefit those with dementia.

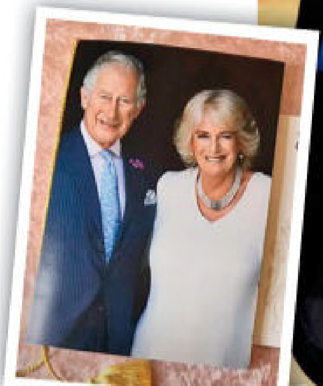
She also toured the nursing home's garden and had a chance to chat with some of the people living at the facility, including a woman named Sheila, who asked the royal about the little ones she shares with Prince William, 40. "The children are very well," she said kindly. "We will be making our own pancakes [with them] this evening."

KING CHARLES AND CAMILLA GIVE 100TH BIRTHDAY CARD A MAKEOVER

You know you've reached a milestone when you get a congratulatory card from the King! And to make it extra-special for those celebrating their 100th or 105th birthdays (or big wedding anniversaries), King Charles and Camilla have updated their card with a regal new image, continuing a tradition that dates back to 1917.

Queen Elizabeth II (bottom right) sent approximately 1.3 million cards to mark milestones across the U.K. and the Commonwealth during her reign. But, unlike her son, she was always pictured alone. "Prince Philip never appeared on the Queen's cards," notes royal historian Ian Lloyd. In fact, "you have to go back to the war years for when a monarch and consort last sent images of themselves to the public from the palace."

Taken at last November's Buckingham Palace state banquet, the new photo of the King and Queen Consort – who paired her blue Bruce Oldfield gown with the late Queen's Belgian Sapphire Tiara – replaces the more informal image (above right) sent out after Charles ascended the throne last September.



CLOCKWISE FROM TOP LEFT: SAMIR HUSSEIN/GETTY IMAGES; HANNAH MCKAY/GETTY IMAGES; SAMIR HUSSEIN/GETTY IMAGES; CHRIS JACKSON/GETTY IMAGES; IAN LLOYD; JOHN STILLWELL/GETTY IMAGES; AARON CHOWN/GETTY IMAGES; BUCKINGHAM PALACE

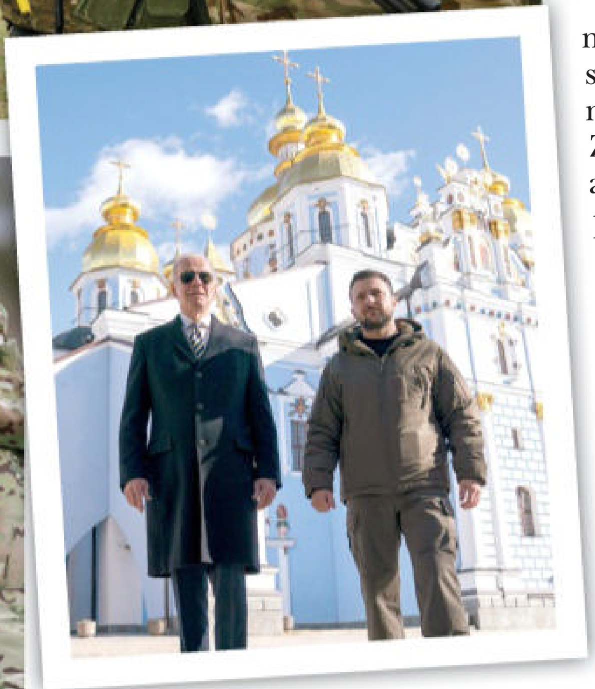
QUEEN MARGRETHE HANDS REINS TO SON AND SISTER AFTER SURGERY

It's a case of musical monarchs in Denmark as 82-year-old Queen Margrethe recovers from "extensive" back surgery.

Her elder son and heir, Crown Prince Frederik, 54, is acting head of state. But during his recent royal visit to India with wife Crown Princess Mary (above right), the queen's younger sister Princess Benedikte (below right) stepped in.

Many royal watchers were surprised that Frederik's backup would be his 78-year-old aunt, who is 11th in line to the Danish throne, rather than his 53-year-old brother, Joachim, who is sixth (after Frederik and Mary's four children). But tensions have been high between Queen Margrethe and her younger son since she removed royal titles from Joachim's three children on Jan. 1 with the intention of slimming down and "future-proofing" the monarchy.

Said by the palace to be in "good and stable" condition following her Feb. 22 surgery, the queen – who celebrated her golden jubilee last year (left) – will remain in Copenhagen's Rigshospitalet "for some time" before entering a period of convalescence and rehabilitation.



KING CHARLES AND JOE BIDEN HONOUR UKRAINE ON ONE-YEAR ANNIVERSARY

A year on from Russia's invasion of Ukraine, world leaders, including the King and U.S. President Joe Biden, continue to show their support for the embattled country.

While President Biden, 80, marked the anniversary with a surprise visit to Kyiv – where he met with President Volodymyr Zelenskyy (left) and announced a US$500-million military aid package – His Majesty visited Ukrainian troops receiving special combat training in the U.K.

Charles, 74, travelled to an undisclosed location to see soldiers undertaking a military crash course (above left). Some 20,000 recruits – many with no previous military experience – are being trained as part of an international effort. "You're amazing. I don't know how you do it. I am full of admiration," said Charles, who also exchanged a traditional Maori greeting with a soldier recruit from New Zealand (far left) – one of several countries lending their support.

The King's visit was followed by a heartfelt message on the anniversary, Feb. 24, in which he praised the Ukrainian people. "They have shown truly remarkable courage and resilience in the face of such human tragedy," he said. "I can only hope the outpouring of solidarity from across the globe may bring not only practical aid but also strength from the knowledge that, together, we stand united."

CLOCKWISE FROM TOP LEFT: PATRICK VAN KATWIJK/GETTY IMAGES; DET DANSKE KONGEHUS INSTAGRAM; PATRICK VAN KATWIJK/GETTY IMAGES; REUTERS/ALAMY; CHRIS JACKSON/GETTY IMAGES (2)

REBEL WILSON
INSIDE HER 'PITCH PERFECT' PROPOSAL

Disneyland was certainly the happiest place on earth for Rebel Wilson when she proposed to her girlfriend, fashion designer Ramona Agruma, in front of the Sleeping Beauty castle.

"We said yes!" the *Pitch Perfect* star revealed later, thanking Tiffany & Co. for the "stunning ring" and the amusement park's staff for "pulling off this magical surprise." The happy couple are pictured kneeling on a carpet of flower petals wearing matching pink-and-white striped sweaters – each adorned with a big heart – and beaming smiles. Rebel, 43, also shared a close-up shot of the engagement ring – a round-cut solitaire diamond with what appears to be a platinum band.

The Disney theme was ideal for Rebel's knee-dropping ask, given the way she revealed her relationship with Ramona, 39, last June.

"I thought I was searching for a Disney prince ... but maybe what I really needed all this time was a Disney princess," she shared at the time.

The two, who were set up by a mutual friend, became a trio when Rebel welcomed daughter Royce Lillian, born via surrogate last November.

The big news came just days after the *Isn't It Romantic* star launched a dating app called Fluid, which puts sexual identity on the back burner. "You shouldn't have to tick a box to define yourself," Rebel noted at the time. "Love is much more complex and nuanced than that. I know first-hand how difficult it is to navigate the dating world, especially when you don't fit into traditional labels."

As congratulations poured in following her proposal, the Australian actress expressed her gratitude. "Thank you for all of the engagement love," she wrote to her fans. "It's overwhelming!"

AVRIL LAVIGNE
A NOT-SO-HAPPY ENDING TO HER ENGAGEMENT

Avril Lavigne and fiancé Mod Sun are going their separate ways, but it seems he didn't see it coming.

The "Complicated" singer, 38, recently confirmed that she had called off her engagement to the Minnesota-born rapper, 35. Although the couple – who got engaged in Paris last March – had reportedly been "off and on" for the past two months, news of their split came as a surprise to Mod Sun (whose real name is Derek Smith). "They were engaged three days ago when he left for [his] tour," his rep told *Page Six*, "so if anything has changed, that's news to him."

This just might not be the right time for the pair, who got together in January 2021 after collaborating on Avril's album *Love Sux*. Opening up to *Hello! Canada* last year about their relationship, the Canadian pop-punk star – once married to Sum 41 rocker Deryck Whibley, then Nickelback frontman Chad Kroeger – admitted she wasn't looking for romance when her now-ex-fiancé came along.

"I was kind of feeling jaded on love," said Avril, "so I was like, 'I just need to focus on myself for a while.' That didn't last very long, though."

CLOCKWISE FROM TOP LEFT: JEFF SPICER/GETTY IMAGES; REBEL WILSON INSTAGRAM (2); AXELLE/BAUER-GRIFFIN/GETTY IMAGES

TOM CRUISE

FETED BY FAMOUS FANS AT OSCAR LUNCH

Even Hollywood heavyweights are starstruck when Tom Cruise walks into a room.

"I love you, I love you! Oh my God, I want a picture with this man!" gushed *Everything Everywhere All at Once* nominee Ke Huy Quan (above left), 51, while jumping with glee upon Tom's surprise arrival at the prestigious 95th Academy Awards nominee luncheon.

Looking trim in a three-piece suit and sporting long, windswept hair and a tan, Tom, 60, thrilled his peers at The Beverly Hilton in Los Angeles with his unexpected presence – his first major industry event in months. The affection was mutual! The star and producer of *Top Gun: Maverick* – which is up for Best Picture – chatted happily with pals (above) Michelle Yeoh, 60, and Jamie Lee Curtis, 64, and (below) eagerly embraced his *Mission: Impossible – Fallout* co-star Angela Bassett, 64 (front row, third from R), during the annual group photo.

CLOCKWISE FROM TOP LEFT: KE HUY QUAN INSTAGRAM; JAY L. CLENDENIN/GETTY IMAGES (2); JC OLIVERA/GETTY IMAGES; RICHARD HARBAUGH/AMPAS

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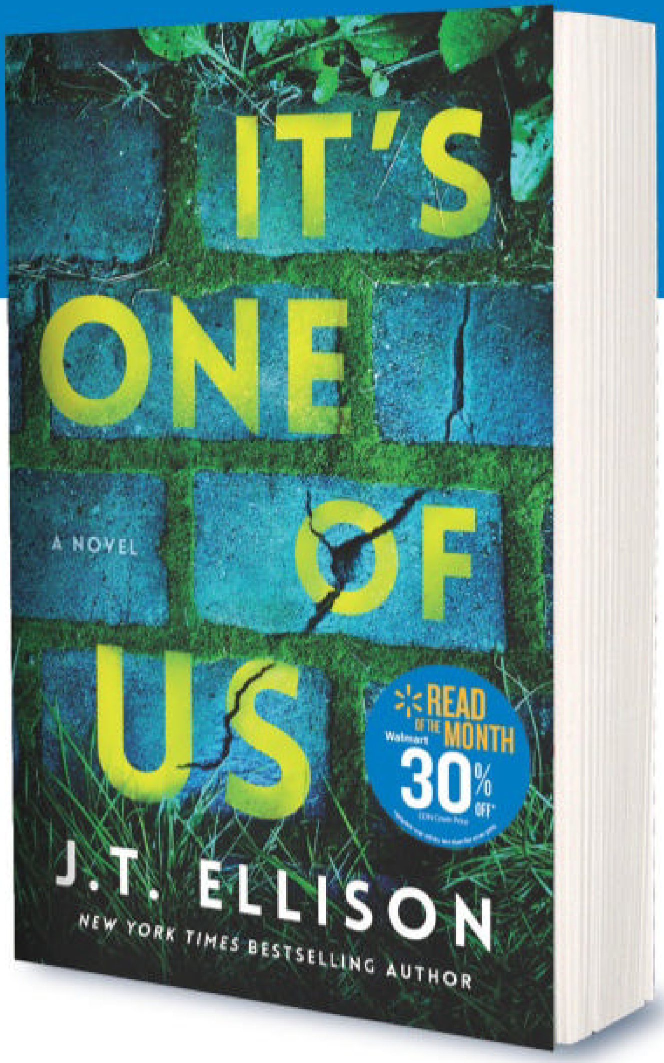

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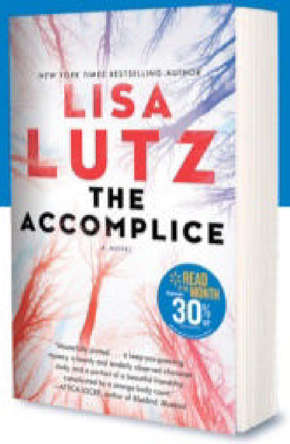

From the moment Owen meets his no-nonsense best friend Luna in college, their lives are forever entangled. Along with their own trove of personal secrets, there's a deadly one they share that forges a lifelong bond.

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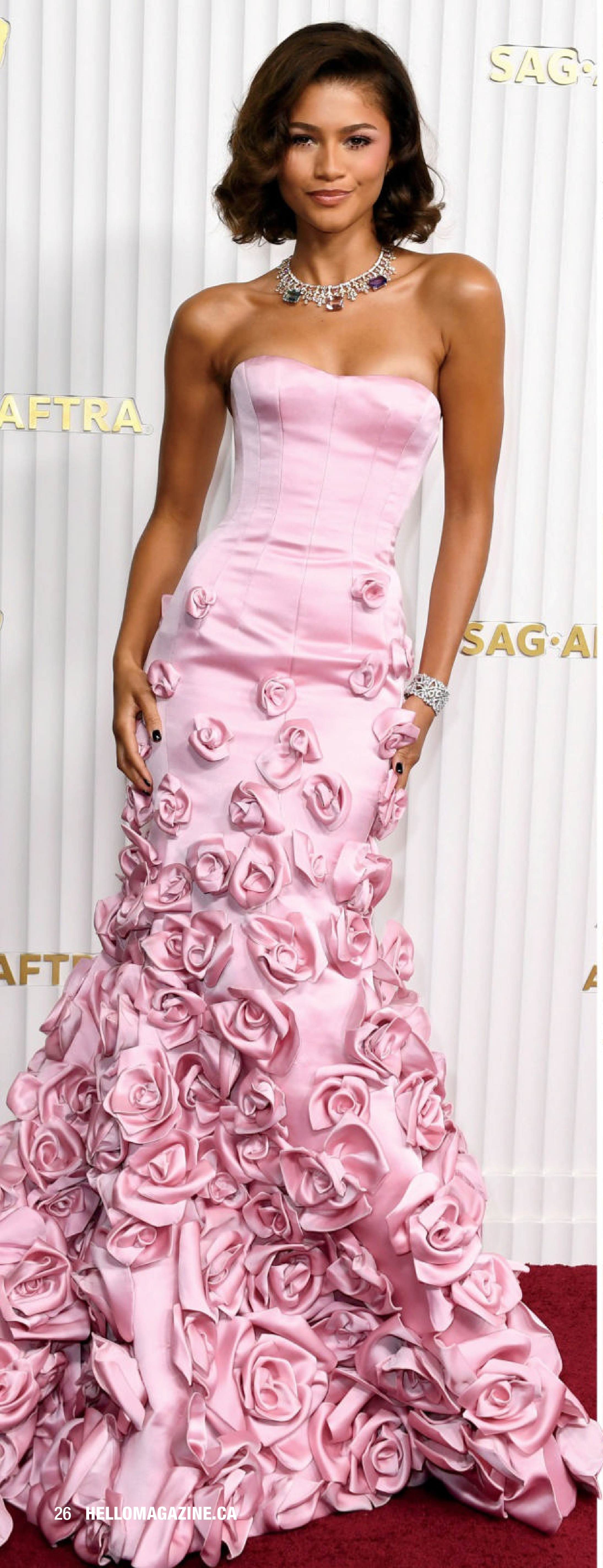
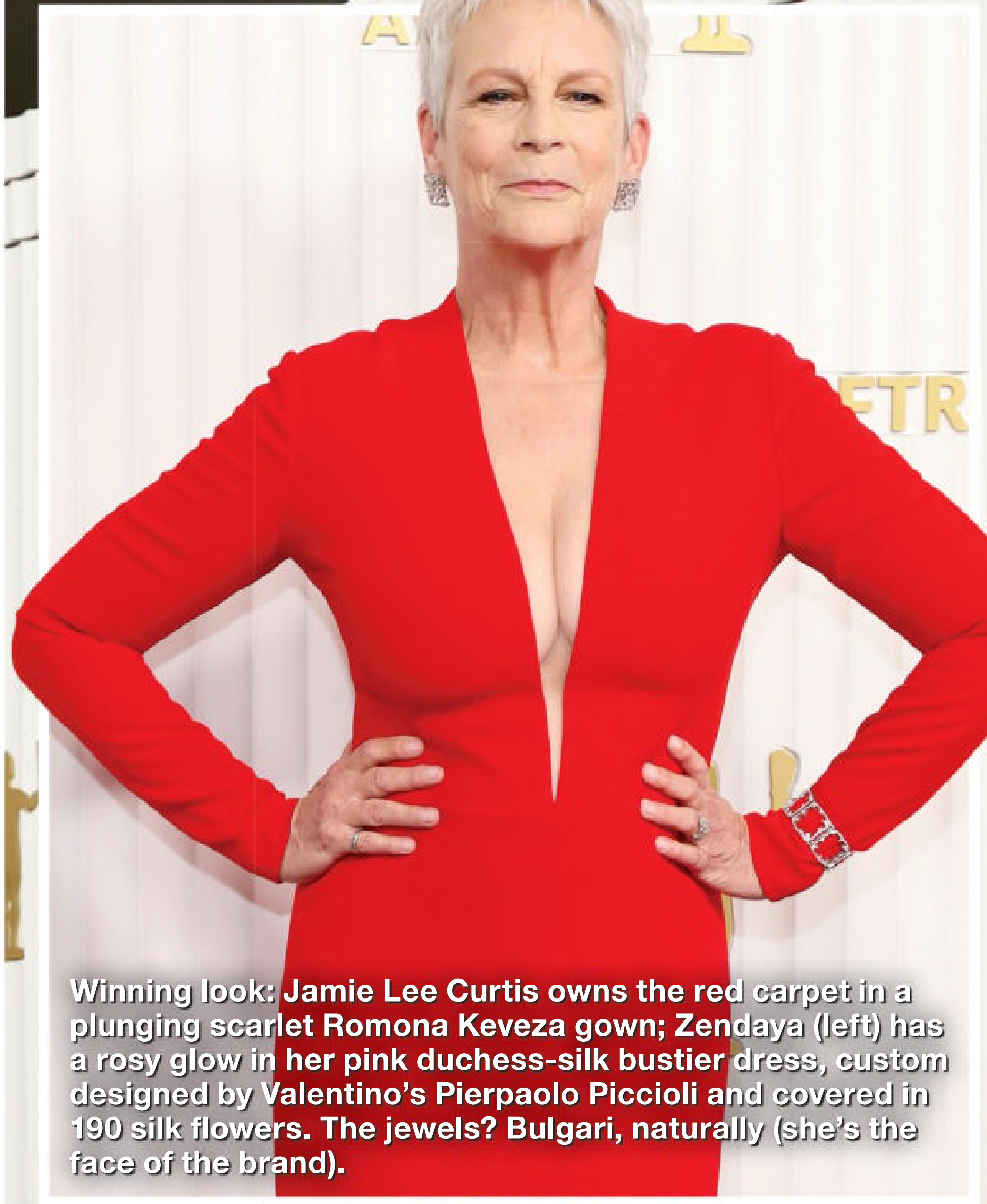




Winning look: Jamie Lee Curtis owns the red carpet in a plunging scarlet Romona Keveza gown; Zendaya (left) has a rosy glow in her pink duchess-silk bustier dress, custom designed by Valentino's Pierpaolo Piccioli and covered in 190 silk flowers. The jewels? Bulgari, naturally (she's the face of the brand).

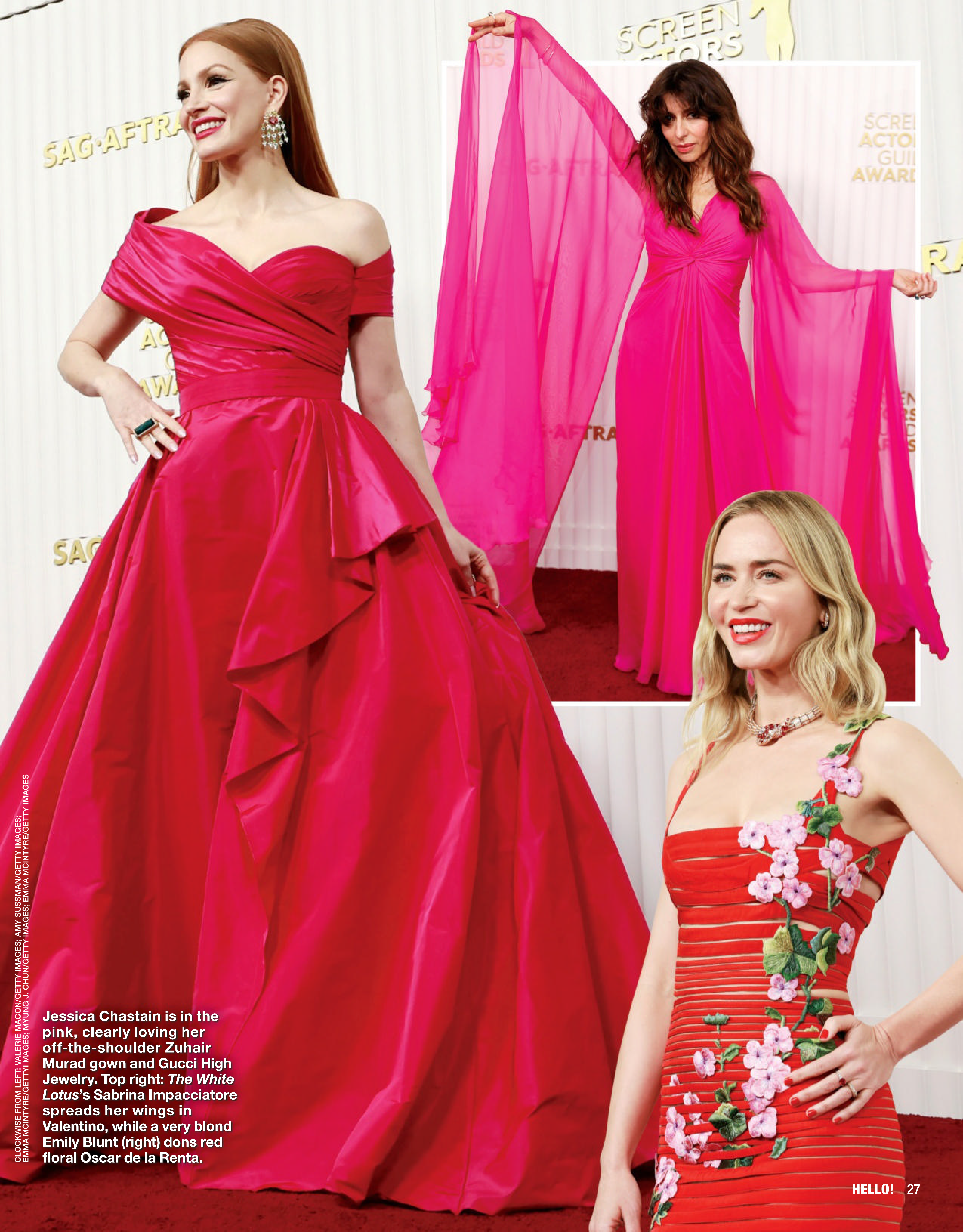
AHEAD OF THE OSCARS

THE SAG AWARDS

DELIGHT WITH A DAZZLING LINEUP OF HOLLYWOOD STARS

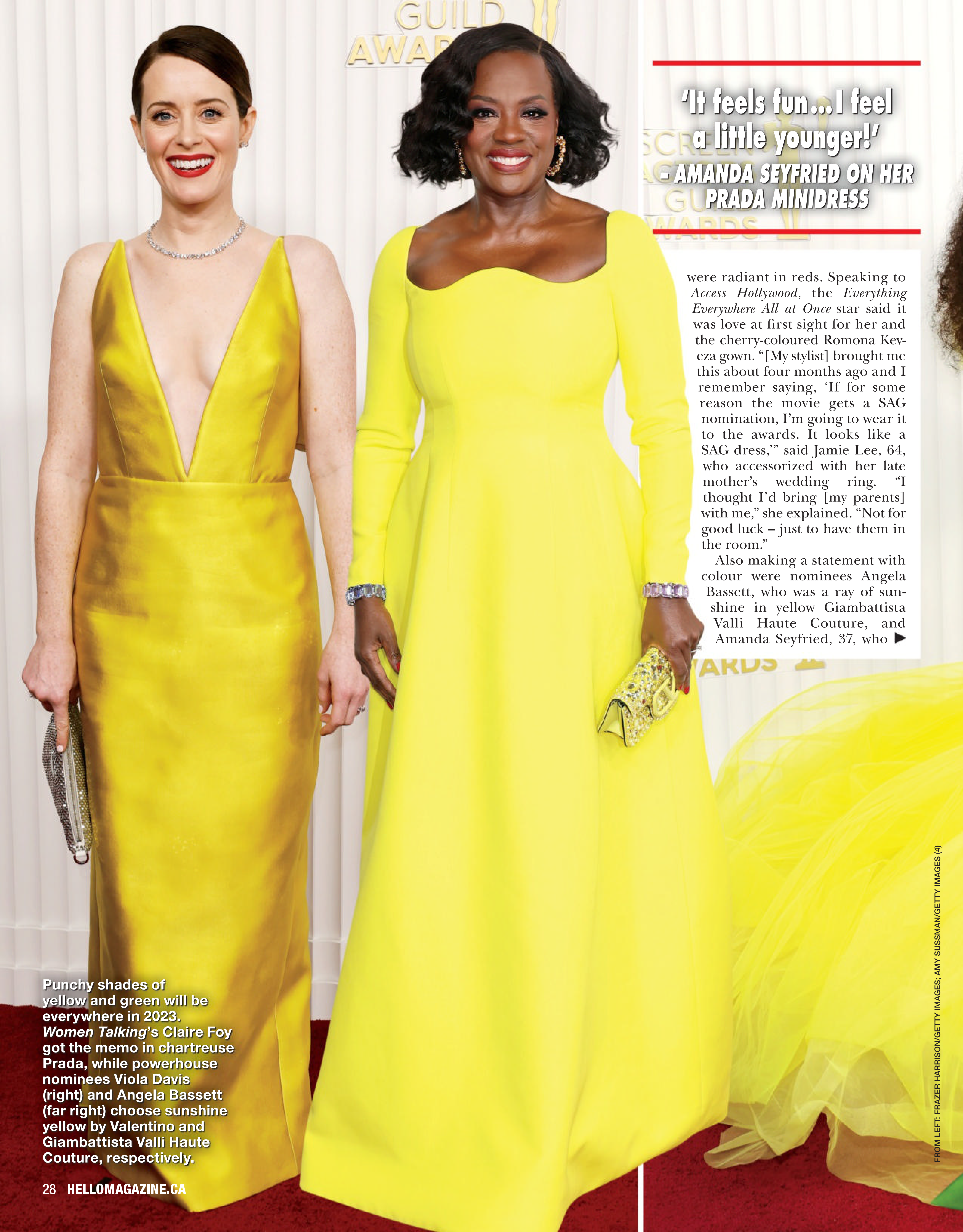
With awards season in full swing, Hollywood's best and brightest are eagerly counting down the days to the main event. And the 29th annual Screen Actors Guild Awards have just given us a wonderful taste of what's to come!

As the last major ceremony before the Oscars, the SAG Awards saw all our favourite stars bring their fashion A-game, with many of the nominees lighting up the red carpet in bright colours. Zendaya and Jessica Chastain rocked pretty shades of pink, while Emily Blunt and Jamie Lee Curtis ▶



Jessica Chastain is in the pink, clearly loving her off-the-shoulder Zuhair Murad gown and Gucci High Jewelry. Top right: *The White Lotus*'s Sabrina Impacciatore spreads her wings in Valentino, while a very blond Emily Blunt (right) dons red floral Oscar de la Renta.

CLOCKWISE FROM LEFT: VALERIE MACON/GETTY IMAGES; AMY SUSSMAN/GETTY IMAGES; EMMA MCINTYRE/GETTYI IMAGES; MYUNG J. CHUN/GETTY IMAGES; EMMA MCINTYRE/GETTY IMAGES



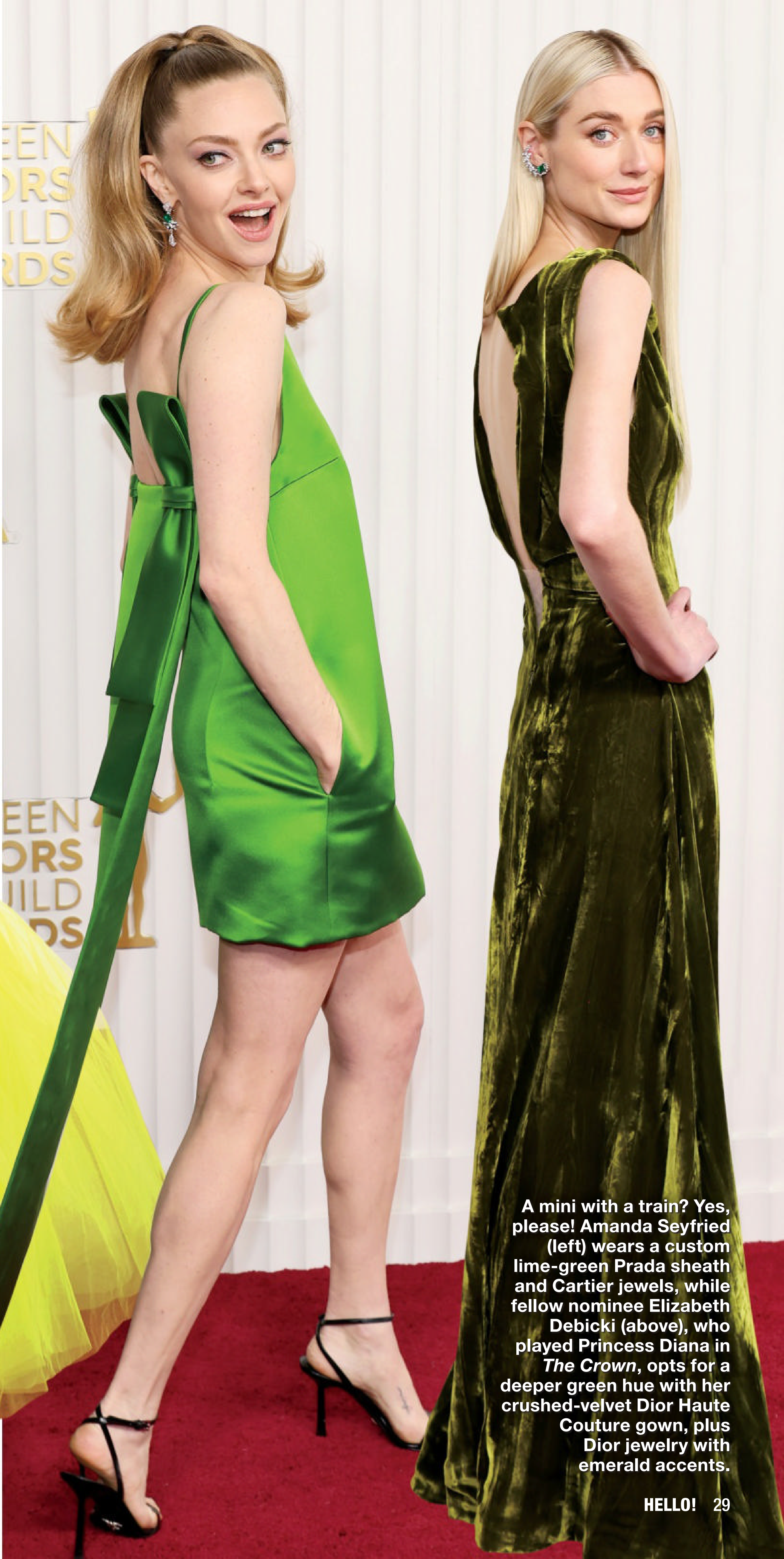
‘It feels fun…I feel a little younger!’ – AMANDA SEYFRIED ON HER PRADA MINIDRESS

were radiant in reds. Speaking to *Access Hollywood*, the *Everything Everywhere All at Once* star said it was love at first sight for her and the cherry-coloured Romona Keveza gown. “[My stylist] brought me this about four months ago and I remember saying, ‘If for some reason the movie gets a SAG nomination, I’m going to wear it to the awards. It looks like a SAG dress,’” said Jamie Lee, 64, who accessorized with her late mother’s wedding ring. “I thought I’d bring [my parents] with me,” she explained. “Not for good luck – just to have them in the room.”

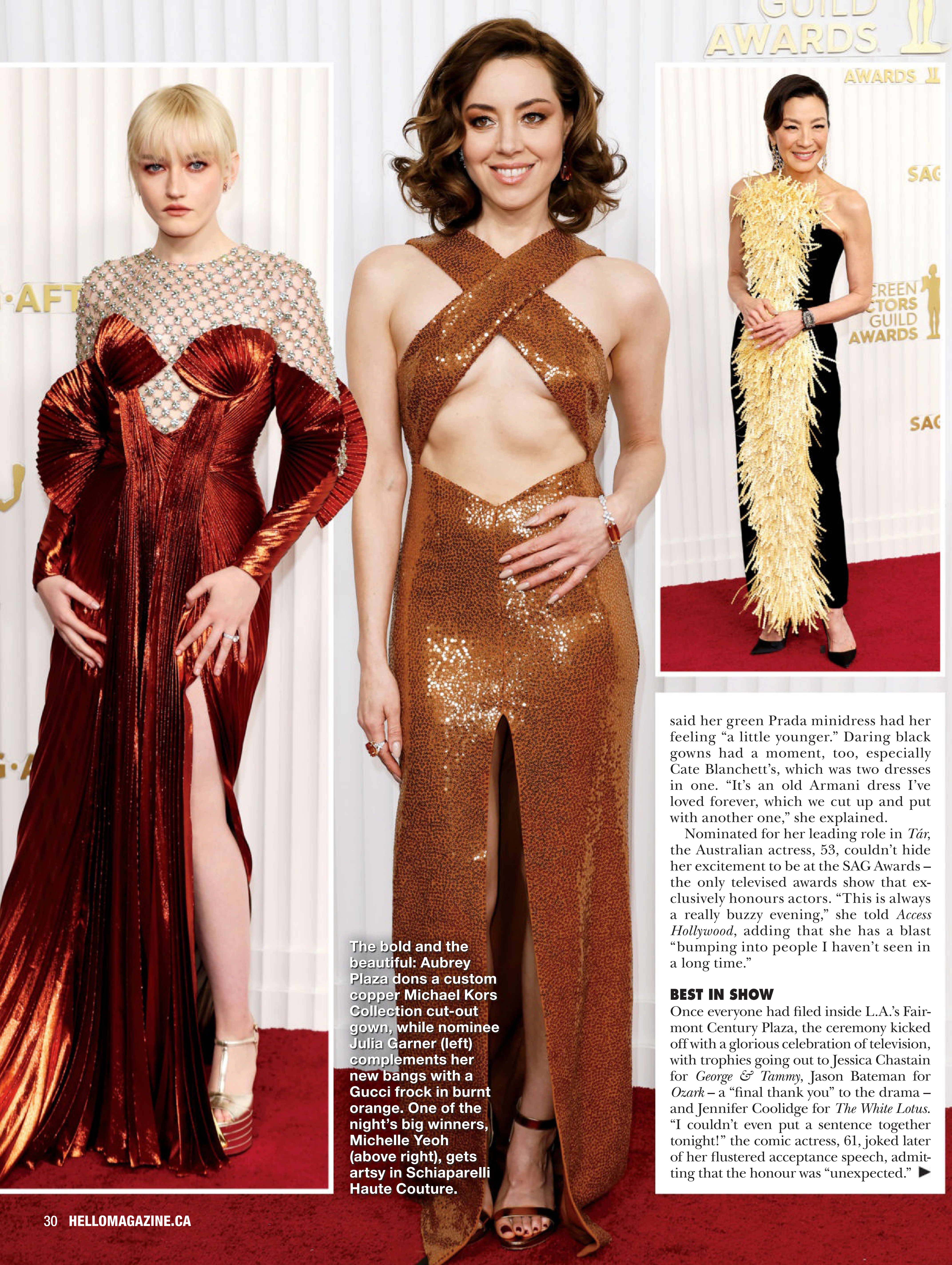
Also making a statement with colour were nominees Angela Bassett, who was a ray of sunshine in yellow Giambattista Valli Haute Couture, and Amanda Seyfried, 37, who ▶

Punchy shades of yellow and green will be everywhere in 2023. *Women Talking*’s Claire Foy got the memo in chartreuse Prada, while powerhouse nominees Viola Davis (right) and Angela Bassett (far right) choose sunshine yellow by Valentino and Giambattista Valli Haute Couture, respectively.

FROM LEFT: FRAZER HARRISON/GETTY IMAGES; AMY SUSSMAN/GETTY IMAGES (4)



A mini with a train? Yes, please! Amanda Seyfried (left) wears a custom lime-green Prada sheath and Cartier jewels, while fellow nominee Elizabeth Debicki (above), who played Princess Diana in *The Crown*, opts for a deeper green hue with her crushed-velvet Dior Haute Couture gown, plus Dior jewelry with emerald accents.



The bold and the beautiful: Aubrey Plaza dons a custom copper Michael Kors Collection cut-out gown, while nominee Julia Garner (left) complements her new bangs with a Gucci frock in burnt orange. One of the night's big winners, Michelle Yeoh (above right), gets artsy in Schiaparelli Haute Couture.

said her green Prada minidress had her feeling "a little younger." Daring black gowns had a moment, too, especially Cate Blanchett's, which was two dresses in one. "It's an old Armani dress I've loved forever, which we cut up and put with another one," she explained.

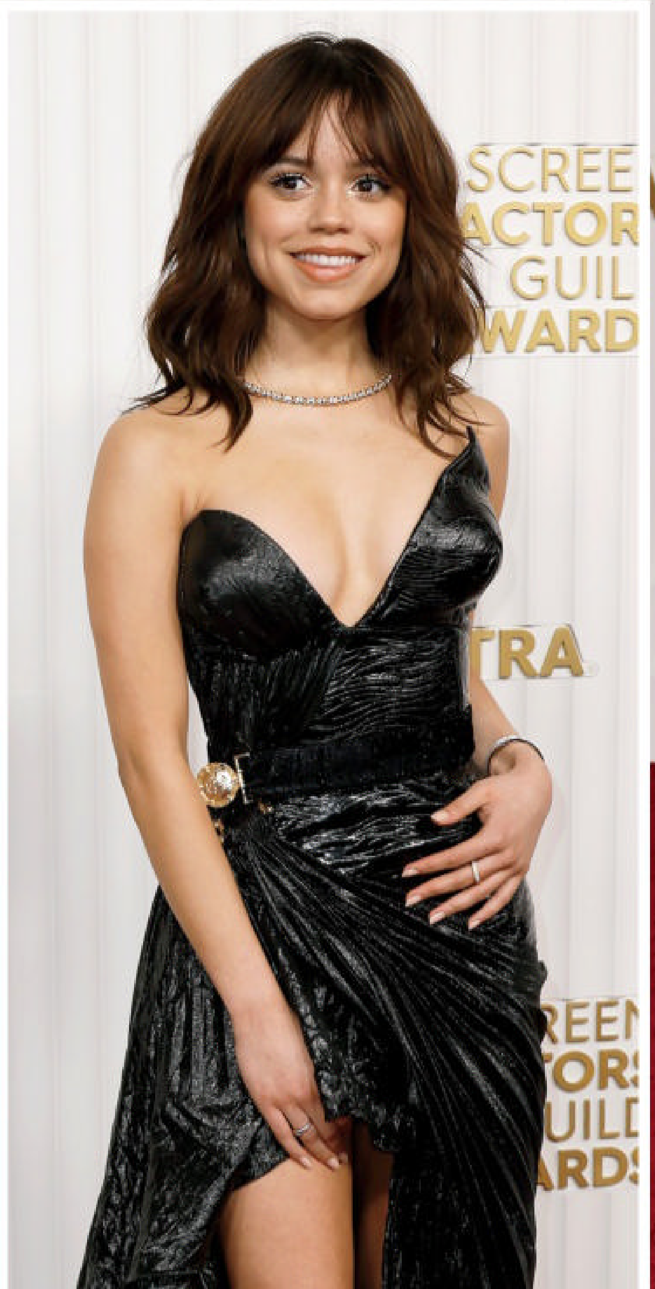
Nominated for her leading role in *Tár*, the Australian actress, 53, couldn't hide her excitement to be at the SAG Awards – the only televised awards show that exclusively honours actors. "This is always a really buzzy evening," she told *Access Hollywood*, adding that she has a blast "bumping into people I haven't seen in a long time."

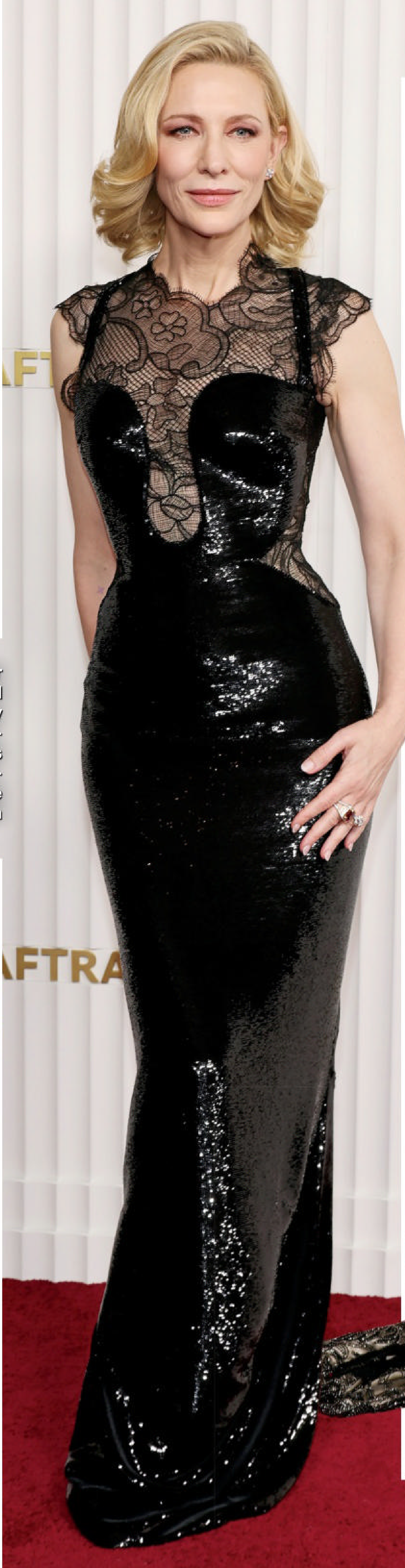
BEST IN SHOW

Once everyone had filed inside L.A.'s Fairmont Century Plaza, the ceremony kicked off with a glorious celebration of television, with trophies going out to Jessica Chastain for *George & Tammy*, Jason Bateman for *Ozark* – a "final thank you" to the drama – and Jennifer Coolidge for *The White Lotus.* "I couldn't even put a sentence together tonight!" the comic actress, 61, joked later of her flustered acceptance speech, admitting that the honour was "unexpected." ▶

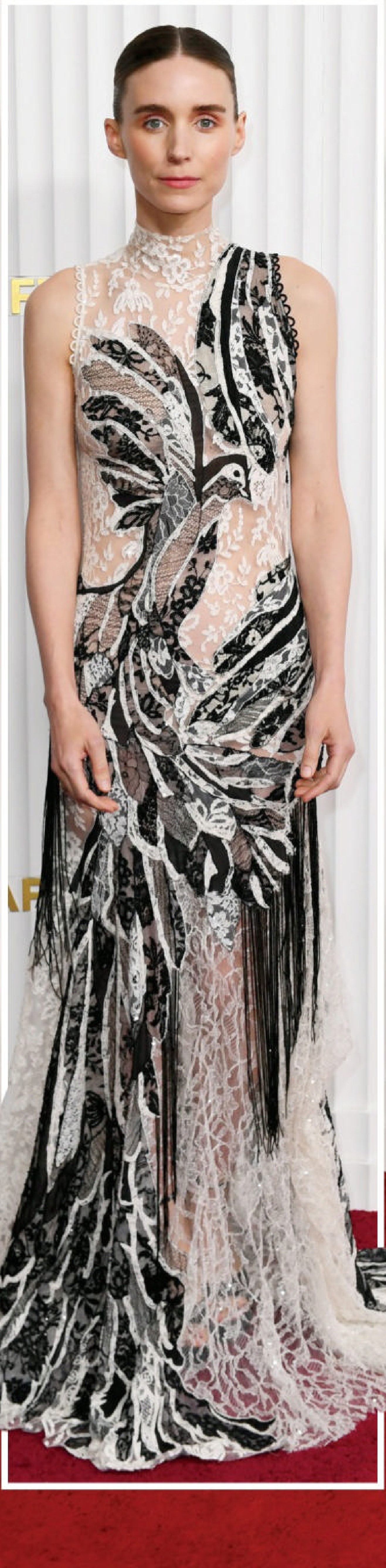
CLOCKWISE FROM LEFT: AMY SUSSMAN/GETTY IMAGES; FRAZER HARRISON/GETTY IMAGES; AMY SUSSMAN/GETTY IMAGES; MYUNG J. CHUN/GETTY IMAGES; AMY SUSSMAN/GETTY IMAGES (2); FRAZER HARRISON/GETTY IMAGES

Back in black! A red-carpet staple, noir looks are best when served as a textured feast. *The Banshees of Inisherin*'s Kerry Condon (above) mixes it up in a high-collared, contrast-sleeved custom Louis Vuitton creation, while *Wednesday* nominee Jenna Ortega (below) opts for vintage Atelier Versace leather paired with glam Tiffany & Co. jewels.





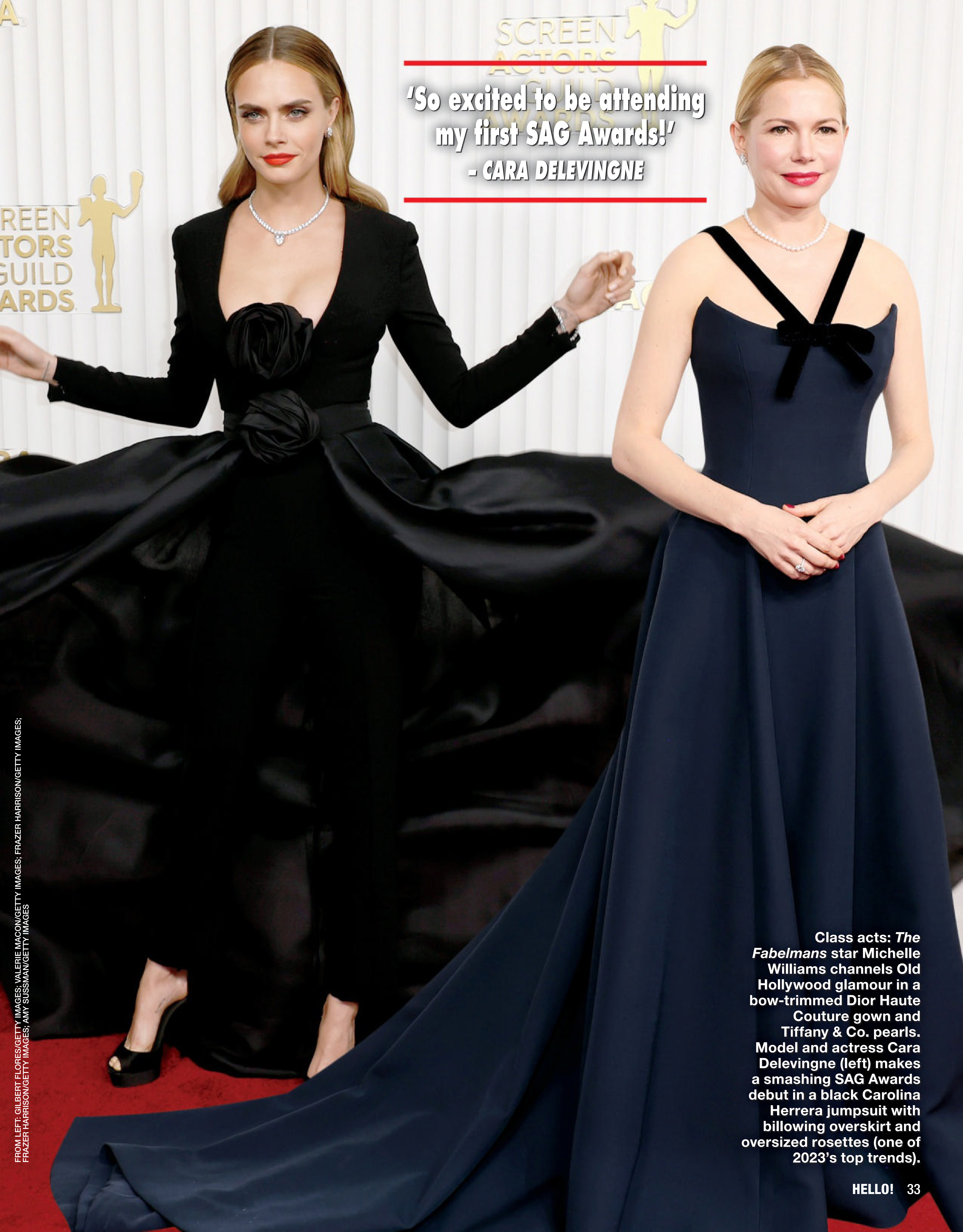
No one walks a red carpet quite like Cate Blanchett (left), who has been reworking old gowns for her most recent awards-show appearances. Here, she rocks a custom Giorgio Armani Privé column with lace repurposed from another item in her closet. Meanwhile, *Blonde*'s Ana de Armas (above) is a bombshell in custom Louis Vuitton.



***The White Lotus*'s Meghann Fahy embraces simplicity in a one-shoulder Ralph Lauren gown and Cartier jewels, while Rooney Mara (right) soars in a bird-motif frock from Alexander McQueen. Top right: *Dead to Me* star Christina Applegate, in Christian Siriano, walks the red carpet with her 12-year-old daughter, Sadie LeNoble. Christina, who is living with multiple sclerosis – and who walked with the aid of a bedazzled cane that read 'FU MS' – has said that this may be her last red-carpet appearance.**

With the Oscars just around the corner, all eyes were on movie-category winners like Brendan Fraser, honoured for his comeback performance in *The Whale*. Almost beside himself with gratitude, the Canadian-American actor, 54, was choked up as he clutched his first-ever SAG Award, which he dedicated to, among others, his three children, their "supermom, Afton" (Brendan's ex-wife) and "the clarion call that is my girl Jeanne" – a sweet shout-out to his partner, makeup artist Jeanne Moore, who beamed her approval.

Also warming hearts was Hollywood darling Sally Field, 76, presented with this year's 2023 lifetime achievement ▶



> **'So excited to be attending my first SAG Awards!'**
>
> ***– CARA DELEVINGNE***

Class acts: *The Fabelmans* star Michelle Williams channels Old Hollywood glamour in a bow-trimmed Dior Haute Couture gown and Tiffany & Co. pearls. Model and actress Cara Delevingne (left) makes a smashing SAG Awards debut in a black Carolina Herrera jumpsuit with billowing overskirt and oversized rosettes (one of 2023's top trends).

FROM LEFT: GILBERT FLORES/GETTY IMAGES; VALERIE MACON/GETTY IMAGES; FRAZER HARRISON/GETTY IMAGES; FRAZER HARRISON/GETTY IMAGES; AMY SUSSMAN/GETTY IMAGES

SALLY
LIFE ACHIEVEM

Jennifer Coolidge (top, posing proudly with her trophies) wipes away tears (right) while accepting her SAG Award (known as the Actor) for *The White Lotus*. Below, her castmates assemble onstage after winning outstanding ensemble in a drama series. Above: Jason Bateman wins for *Ozark*.

> **'There is not a day that I don't feel thrilled to call myself an actor'**
>
> ***– LIFETIME ACHIEVEMENT AWARD RECIPIENT SALLY FIELD***

award by her *Spider-Man* co-star, Andrew Garfield, 39. "You're a north star for all of us," he told a visibly moved Sally.

EVERYTHING'S COMING UP ROSES

The biggest stars of the night, though, were the cast of *Everything Everywhere All at Once*, who walked away with four SAG Awards. Michelle Yeoh and Ke Huy Quan made history as the first Asian actors to win in their respective categories, with Ke Huy, 51, tearfully dedicating his supporting actor award to "everyone who has asked for change."

The quirky dramedy also gave co-star Jamie Lee Curtis her very first SAG win. Taking the stage to accept, she paid an emotional and humorous tribute to her late parents, Tony Curtis and Janet Leigh.

"I'm wearing the wedding ring that my father gave my mother. They hated each other, by the way, at the end," she quickly added, to much laughter from the star-studded crowd. "But my sister Kelly and I were born from love.

"My father was from Hungary, and my mother was from Denmark. They had nothing, and they became these monstrous stars in this industry they loved so much," continued Jamie Lee, adding ▶

FAR LEFT, FROM TOP: MAARTEN DE BOER/SHUTTERSTOCK FOR SAG AWARDS; MICHAEL BUCKNER/GETTY IMAGES; CHRIS PIZZELLO/THE CANADIAN PRESS; KEVIN WINTER/GETTY IMAGES

FIELD
MENT AWARD

'This is not just for me. This is for every little girl that looks like me'

– *MICHELLE YEOH*

Sally Field (top, with Andrew Garfield, her onscreen nephew in *The Amazing Spider-Man*) is honoured with the lifetime achievement award. Above: Brendan Fraser gives a shout-out to girlfriend Jeanne Moore in his passionate speech. Right: Ke Huy Quan, Michelle Yeoh and Jamie Lee Curtis win big for *Everything Everywhere All at Once* (which also won for best cast in a movie, below).

CLOCKWISE FROM TOP: KEVIN WINTER/GETTY IMAGES; CHRIS PIZZELLO/THE CANADIAN PRESS; MAARTEN DE BOER/SHUTTERSTOCK FOR SAG AWARDS (2); KEVIN WINTER/GETTY IMAGES (2); FRAZER HARRISON/GETTY IMAGES

THE WINNERS ARE…

FILM

CAST IN A MOTION PICTURE
Everything Everywhere All at Once

MALE ACTOR IN A LEADING ROLE
Brendan Fraser, *The Whale*

FEMALE ACTOR IN A LEADING ROLE
Michelle Yeoh, *Everything Everywhere All at Once*

MALE ACTOR IN A SUPPORTING ROLE
Ke Huy Quan, *Everything Everywhere All at Once*

FEMALE ACTOR IN A SUPPORTING ROLE
Jamie Lee Curtis, *Everything Everywhere All at Once*

TV

ENSEMBLE IN A DRAMA SERIES
The White Lotus

MALE ACTOR IN A DRAMA SERIES
Jason Bateman, *Ozark*

FEMALE ACTOR IN A DRAMA SERIES
Jennifer Coolidge, *The White Lotus*

ENSEMBLE IN A COMEDY SERIES
Abbott Elementary

MALE ACTOR IN A COMEDY SERIES
Jeremy Allen White, *The Bear*

FEMALE ACTOR IN A COMEDY SERIES
Jean Smart, *Hacks*

MALE ACTOR IN A TELEVISION MOVIE OR LIMITED SERIES
Sam Elliott, *1883*

FEMALE ACTOR IN A TELEVISION MOVIE OR LIMITED SERIES
Jessica Chastain, *George & Tammy*

Jessica Chastain (above) poses with her third SAG Award, for her part in the limited series *George & Tammy* (about country music's famous supercouple George Jones and Tammy Wynette). Top right: TV stars Sam Elliott and Jeremy Allen White win for *1883* and *The Bear*, respectively. Below: The cast of *Abbott Elementary* celebrate their outstanding ensemble in a comedy series victory. 'They allow me to become an actress that I'm proud of,' said series star and creator Quinta Brunson (C). 'I'm in awe of all of them.'

> **'I'm the one who never expects it's going to happen…so it's a wonderful surprise'**
> **- *JESSICA CHASTAIN***

that she feels the same way. "I married an actor [Christopher Guest]. I love actors. I love acting… It's such a beautiful job.

"I know you'll look at me and think, 'Well, nepo baby, that's why she's there.' But the truth of the matter is, I'm 64 years old, and this is just amazing… What a dream!"

REPORT: SARAH TRUMBLEY AND ANDREA KARR

CLOCKWISE FROM TOP LEFT: MAARTEN DE BOER/SHUTTERSTOCK FOR SAG AWARDS; KEVIN WINTER/GETTY IMAGES (2); MAARTEN DE BOER/SHUTTERSTOCK FOR SAG AWARDS

the OSCAR SPECIAL

YOUR AT-A-GLANCE GUIDE TO THE

2023 ACADEMY AWARDS

GET TO KNOW ALL THE NOMINEES!

PLUS PULL-OUT OSCAR BALLOT

ALBERT WATSON/A.M.P.A.S.

MICHELLE WILLIAMS

THE FABELMANS Will her fifth time be the charm? A perennial nominee since she was feted for her supporting role in 2005's *Brokeback Mountain*, Michelle has been given another shot at victory – although, after being chosen to portray Steven Spielberg's mother in *The Fabelmans*, the actress, 42, and mom of three already considers herself a winner. "It was like the best surprise ever," she told *Hello! Canada* when the movie premièred at the Toronto International Film Festival. "Getting to know [Steven] and having the pleasure of his direction, his humour and his friendship…was so special."

ANA DE ARMAS

BLONDE Ana's first Oscar nod, for her emotional portrayal of Marilyn Monroe, marks the culmination of an awards-season journey that started last summer with a 14-minute standing ovation at the Venice International Film Festival. But for Ana, 34, the journey began long before that. "[Marilyn] was all I thought about, all I dreamed about, all I could talk about," she has said of filming the almost three-hour biopic. "She was with me, and it was beautiful." Making history as the first Cuban actress to be nominated for a leading role is also a beautiful thing. "I'm over the moon," she gushed upon hearing the news. "My heart's never been fuller!"

CATE BLANCHETT

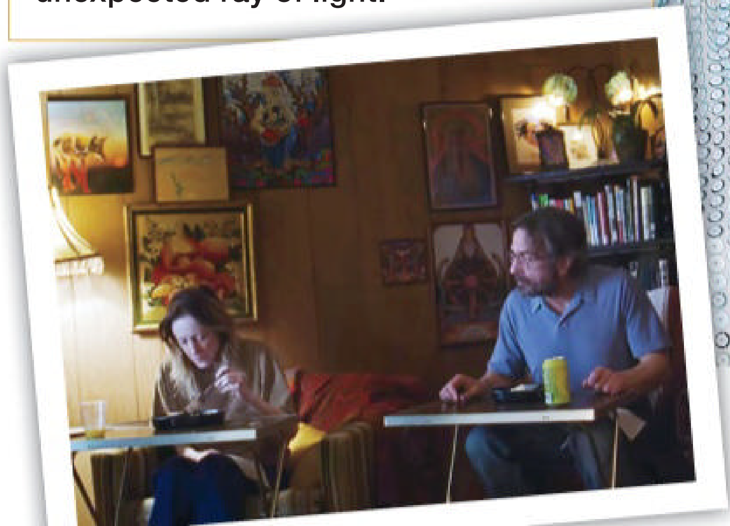
TÁR With her captivating depiction of an abusive orchestra conductor, Cate now joins Marlon Brando, Dame Judi Dench and Glenn Close in the eight-Academy-Award-nominations club. A win would give the Australian star, 53, her third golden statue (she was also honoured in 2005 for *The Aviator* and in 2014 for *Blue Jasmine*). To play this new complicated character, the mom of four learned to speak German, play the piano and accordion and conduct. "It was absolutely terrifying," she said on *Jimmy Kimmel Live!* "We filmed with the Dresden Philharmonic Orchestra – standing up in front of them on the first day and giving the downbeat was unforgettable."

CLOCKWISE FROM TOP LEFT: FRAZER HARRISON/GETTY IMAGES; KARWAI TANG/GETTY IMAGES; NETFLIX; FOCUS FEATURES; MOVIESTORE COLLECTION LTD/ALAMY

'My heart's never been fuller! What a beautiful honour'
- ANA

ANDREA RISEBOROUGH

TO LESLIE While her film *To Leslie* would be considered a small indie gem, Andrea's performance – as a single mother who spends all her lottery winnings in just five years – was nothing short of epic. "It's the greatest female performance onscreen I have ever seen in my life," said Kate Winslet, who was joined by other A-list stars, like Gwyneth Paltrow and Jennifer Aniston, in championing the British actress's nomination. "I'm astounded," said Andrea, 41 (who's also starred in *Birdman* and *Oblivion*). "It's such an unexpected ray of light."



MICHELLE YEOH

EVERYTHING EVERYWHERE ALL AT ONCE
Having already scooped up a best actress Golden Globe, Michelle, 60, is an Oscar frontrunner this year. But this level of recognition is new for the Malaysian star, who's been making films, including *Crazy Rich Asians* and *Crouching Tiger, Hidden Dragon*, for nearly 40 years. As the first self-identifying Asian to get a nod in this category, Michelle says, "More than anything, I'm really excited that little girls or little boys might say, 'Hey look, I see someone like me up there.'" And she told *Deadline*, if she can do it, anyone can: "I'm very ordinary. I just work very hard." ►

CLOCKWISE FROM TOP LEFT: EMMA MCINTYRE/GETTY IMAGES; HUNTER ABRAMS/SHUTTERSTOCK; A24; DAVID M. BENETT/GETTY IMAGES; MOMENTUM PICTURES/EVERETT COLLECTION

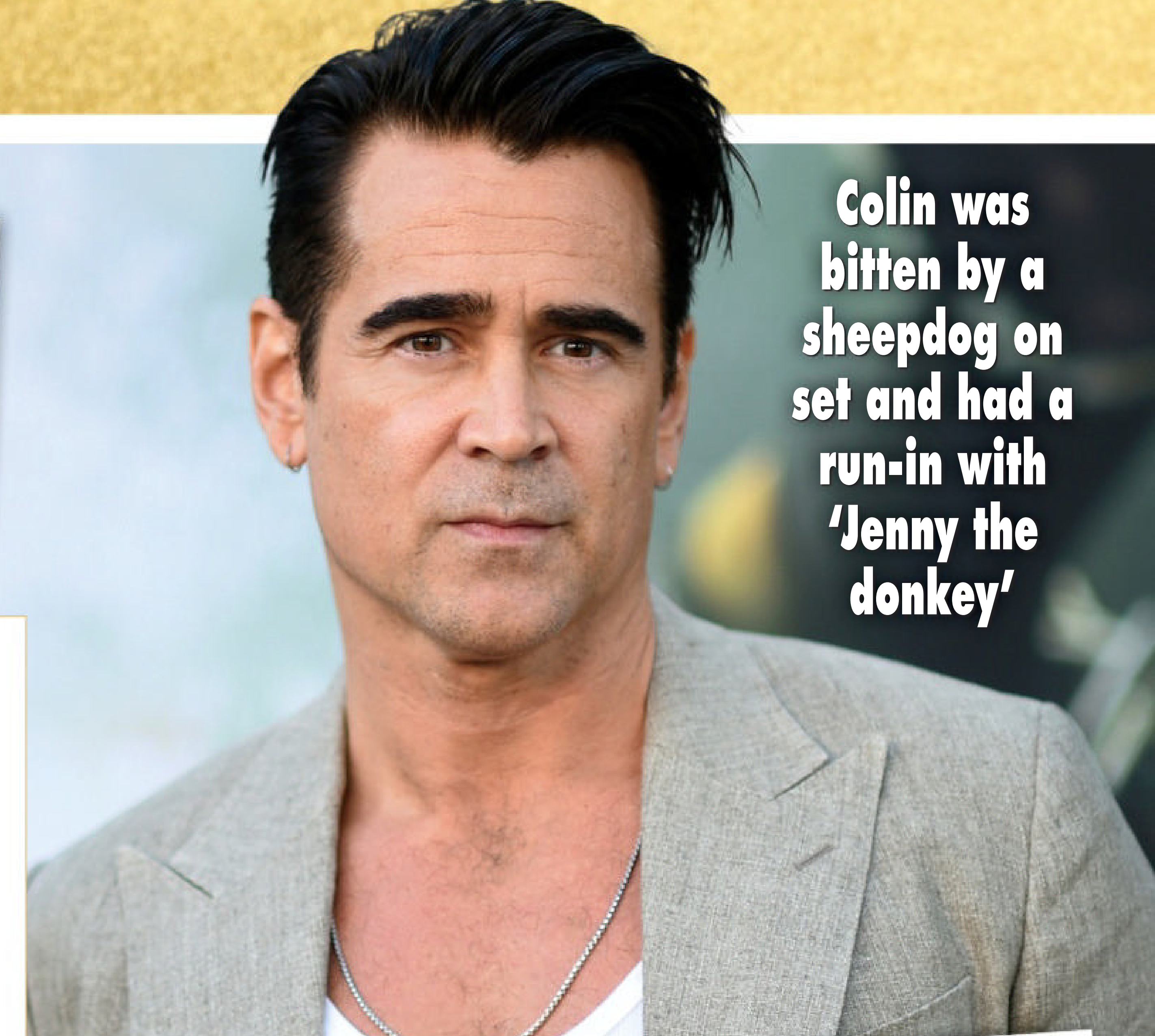
AUSTIN BUTLER

ELVIS After beating out Grammy-winning singer Harry Styles and *Top Gun: Maverick* star Miles Teller to play the King of Rock 'n' Roll, Austin, 31, proved to the world that he was the best person to step into those blue suede shoes. "Being recognized just feels very surreal and amazing," says the Anaham, Calif.-born former Disney star. The timing of his first Oscar nod is bittersweet considering the recent death of Elvis's daughter, Lisa Marie Presley, who formed a strong bond with the actor. "I wish she was here right now to get to celebrate with me," he told *Today*. "But I sort of think of it as a way to honour her. This is for her."

BRENDAN FRASER

THE WHALE Nothing cements a comeback more than an Oscar nomination! Nearly 15 years after quitting Hollywood, the Canadian-raised star of *George of the Jungle* and *The Mummy* has become the talk of the town thanks to his mesmerizing portrayal of a reclusive, chronically obese English teacher. Despite all the critical acclaim, Brendan, 54, was "astonished" that the movie got him recognized for an Academy Award. His three children, on the other hand, never doubted it. "They brought me a cake and balloons," Brendan told *Variety* of how Griffin, 20, Holden, 18, and Leland, 16 (his sons with ex-wife Afton Smith), celebrated his happy news.

CLOCKWISE FROM TOP LEFT: MARIE-PAOLA BERTRAND-HILLION/ABA/THE CANADIAN PRESS; A24; REBECCA CABAGE/INVISION/THE CANADIAN PRESS; ANDREW H. WALKER/SHUTTERSTOCK; HUGH STEWART/WARNER BROS/EVERETT COLLECTION



Colin was bitten by a sheepdog on set and had a run-in with 'Jenny the donkey'

COLIN FARRELL

THE BANSHEES OF INISHERIN Colin may have had a few mishaps on-set – a sheepdog bit him, "and Jenny the donkey gave me a good ol' clatter on the knee!" he revealed to talk-show host Seth Meyers – but getting to work with fellow Irishman and Oscar nominee Brendan Gleeson made it all worthwhile. Fifteen years after starring together in *In Bruges*, they reunited to play estranged best friends. "All I did when I came to work every day was aspire to be your equal," the 46-year-old dad of two told Brendan in his Golden Globes acceptance speech. "I'm not saying I even got there, but the aspiration kept me going."

CLOCKWISE FROM TOP LEFT: JONATHAN HESSION/SEARCHLIGHT PICTURES/EVERETT COLLECTION; RICHARD SHOTWELL/INVISION/THE CANADIAN PRESS; A24; DARREN GERRISH/GETTY IMAGES; MOVIESTORE COLLECTION LTD/ALAMY

BILL NIGHY

LIVING The beloved British actor has starred in more than 70 films throughout his career, including fan favourites like *Love Actually* and *Harry Potter* (he played Rufus Scrimgeour). But he's never been nominated for an Oscar – until now. Written specifically with him in mind and based on a 1950s Japanese drama, *Living* is a moving portrait of a British bureaucrat who has been diagnosed with a terminal illness. "It's a conspicuously marvellous role," Bill, 73, has said. And his daughter, Mary Nighy, 38 – director of last year's thriller *Alice, Darling* – couldn't agree more. "It's a really beautiful film," she told *Hello! Canada*.

PAUL MESCAL

AFTERSUN Just two years after his big-screen debut (in *The Lost Daughter*), Paul can hardly believe he's already headed to the Academy Awards. "It's bananas!" said the Irish charmer and former Gaelic football star, 27. But no one can deny just how dedicated he was to the role of single dad Calum. He even took his onscreen daughter Frankie Corio, who was 12 at the time, on vacation to cement their bond. "I asked her mom and dad if I could be her pretend dad for two weeks [before filming]," Paul told Seth Meyers. "We swam in the sea, ate pancakes... and I taught her to play pool." ▶

2023 OSCAR NIGHT BALLOT

PULL OUT THIS SECTION AND PREDICT THE WINNERS WITH YOUR FAMILY AND FRIENDS!

ACTOR IN A LEADING ROLE

☐ Austin Butler, *Elvis*

☐ Colin Farrell, *The Banshees of Inisherin*

☐ Brendan Fraser, *The Whale*

☐ Paul Mescal, *Aftersun*

☐ Bill Nighy, *Living*

ACTOR IN A SUPPORTING ROLE

☐ Brendan Gleeson, *The Banshees of Inisherin*

☐ Brian Tyree Henry, *Causeway*

☐ Judd Hirsch, *The Fabelmans*

☐ Barry Keoghan, *The Banshees of Inisherin*

☐ Ke Huy Quan, *Everything Everywhere All at Once*

ACTRESS IN A LEADING ROLE

☐ Cate Blanchett, *Tár*

☐ Ana de Armas, *Blonde*

☐ Andrea Riseborough, *To Leslie*

☐ Michelle Williams, *The Fabelmans*

☐ Michelle Yeoh, *Everything Everywhere All at Once*

ACTRESS IN A SUPPORTING ROLE

☐ Angela Bassett, *Black Panther: Wakanda Forever*

☐ Hong Chau, *The Whale*

☐ Kerry Condon, *The Banshees of Inisherin*

☐ Jamie Lee Curtis, *Everything Everywhere All at Once*

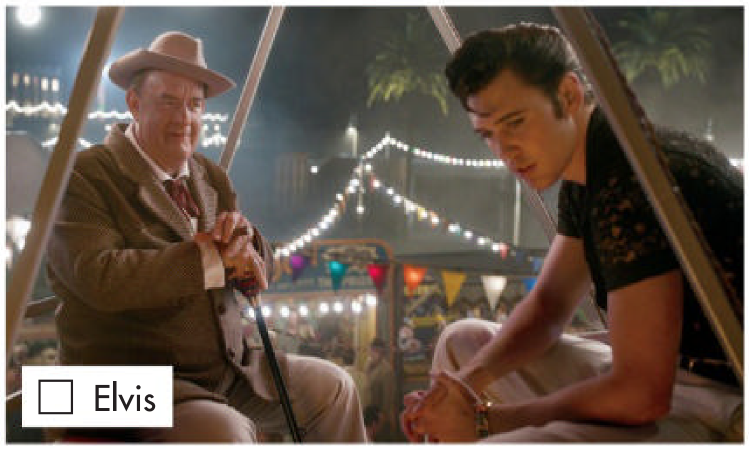
☐ Stephanie Hsu, *Everything Everywhere All at Once*

BEST PICTURE

☐ All Quiet on the Western Front

☐ Avatar: The Way of Water

☐ The Banshees of Inisherin


☐ Elvis

☐ Everything Everywhere All at Once

☐ The Fabelmans

☐ Tár

☐ Top Gun: Maverick

☐ Triangle of Sadness

☐ Women Talking

LEFT TO RIGHT, TOP TO BOTTOM: REINER BAJO/NETFLIX; WALT DISNEY STUDIOS MOTION PICTURES/EVERETT COLLECTION; SEARCHLIGHT PICTURES/EVERETT COLLECTION; WARNER BROS./EVERETT COLLECTION; A24; MOVIESTORE COLLECTION LTD/ALAMY; FOCUS FEATURES; PARAMOUNT PICTURES; NEON/EVERETT COLLECTION; MICHAEL GIBSON/ORION PICTURES/EVERETT COLLECTION

DIRECTING

☐ *The Banshees of Inisherin*, Martin McDonagh
☐ *Everything Everywhere All at Once*, Daniel Kwan and Daniel Scheinert
☐ *The Fabelmans*, Steven Spielberg
☐ *Tár*, Todd Field
☐ *Triangle of Sadness*, Ruben Östlund

ANIMATED FEATURE FILM

☐ *Guillermo del Toro's Pinocchio*
☐ *Marcel the Shell with Shoes On*
☐ *Puss in Boots: The Last Wish*
☐ *The Sea Beast*
☐ *Turning Red*

CINEMATOGRAPHY

☐ *All Quiet on the Western Front*
☐ *Bardo, False Chronicle of a Handful of Truths*
☐ *Elvis*
☐ *Empire of Light*
☐ *Tár*

COSTUME DESIGN

☐ *Babylon*
☐ *Black Panther: Wakanda Forever*
☐ *Elvis*
☐ *Everything Everywhere All at Once*
☐ *Mrs. Harris Goes to Paris*

DOCUMENTARY (FEATURE FILM)

☐ *All That Breathes*
☐ *All the Beauty and the Bloodshed*
☐ *Fire of Love*
☐ *A House Made of Splinters*
☐ *Navalny*

DOCUMENTARY (SHORT FILM)

☐ *The Elephant Whisperers*
☐ *Haulout*
☐ *How Do You Measure a Year?*
☐ *The Martha Mitchell Effect*
☐ *Stranger at the Gate*

FILM EDITING

☐ *The Banshees of Inisherin*
☐ *Elvis*
☐ *Everything Everywhere All at Once*
☐ *Tár*
☐ *Top Gun: Maverick*

INTERNATIONAL FEATURE FILM

☐ *All Quiet on the Western Front*
☐ *Argentina, 1985*
☐ *Close*
☐ *EO*
☐ *The Quiet Girl*

MAKEUP AND HAIRSTYLING

☐ *All Quiet on the Western Front*
☐ *The Batman*
☐ *Black Panther: Wakanda Forever*
☐ *Elvis*
☐ *The Whale*

MUSIC (ORIGINAL SCORE)

☐ *All Quiet on the Western Front*
☐ *Babylon*
☐ *The Banshees of Inisherin*
☐ *Everything Everywhere All at Once*
☐ *The Fabelmans*

MUSIC (ORIGINAL SONG)

☐ "Applause," *Tell It Like a Woman*
☐ "Hold My Hand," *Top Gun: Maverick*
☐ "Lift Me Up," *Black Panther: Wakanda Forever*
☐ "Naatu Naatu," *RRR*
☐ "This Is a Life," *Everything Everywhere All at Once*

PRODUCTION DESIGN

☐ *All Quiet on the Western Front*
☐ *Avatar: The Way of Water*
☐ *Babylon*
☐ *Elvis*
☐ *The Fabelmans*

SHORT FILM (ANIMATED)

☐ *The Boy, the Mole, the Fox and the Horse*
☐ *The Flying Sailor*
☐ *Ice Merchants*
☐ *My Year of Dicks*
☐ *An Ostrich Told Me the World Is Fake and I Think I Believe It*

SHORT FILM (LIVE ACTION)

☐ *An Irish Goodbye*
☐ *Ivalu*
☐ *Le Pupille*
☐ *Night Ride*
☐ *The Red Suitcase*

SOUND

☐ *All Quiet on the Western Front*
☐ *Avatar: The Way of Water*
☐ *The Batman*
☐ *Elvis*
☐ *Top Gun: Maverick*

VISUAL EFFECTS

☐ *All Quiet on the Western Front*
☐ *Avatar: The Way of Water*
☐ *The Batman*
☐ *Black Panther: Wakanda Forever*
☐ *Top Gun: Maverick*

WRITING (ADAPTED SCREENPLAY)

☐ *All Quiet on the Western Front*
☐ *Glass Onion: A Knives Out Mystery*
☐ *Living*
☐ *Top Gun: Maverick*
☐ *Women Talking*

WRITING (ORIGINAL SCREENPLAY)

☐ *The Banshees of Inisherin*
☐ *Everything Everywhere All at Once*
☐ *The Fabelmans*
☐ *Tár*
☐ *Triangle of Sadness*

NAME	SCORE

BEST SUPPORTING ACTRESS

HONG CHAU

THE WHALE The child of Vietnamese boat people who came to America for a better life, Hong, 43, has risen to the top of her game through determination and patience. "I love all the supporting characters I've gotten to play," says the *Downsizing* star. "They're delicious. They're only limited in screen time, not in complexity." Playing Brendan Fraser's BFF in *The Whale* has led to not only an Oscar nod but also a real-life friendship with her co-star, who once gave a stuffed toy to Hong's newborn baby. "We named him Brendan Fraser Bear," she says, laughing. "And we have many, many pictures of [my daughter] with him."

JAMIE LEE CURTIS

EVERYTHING EVERYWHERE ALL AT ONCE "It was never even in my wildest dream box," said *Halloween* scream queen Jamie Lee, 64, on being recognized for her superb turn as an IRS inspector (among other personas) in this year's breakout sci-fi comedy. For fans, it's not that hard to believe; the two-time Golden Globe winner is, after all, following in the footsteps of her late parents, Hollywood legends Tony Curtis and Janet Leigh, who were also Oscar contenders. "They were the first thing I thought of," the mom of two told *Vanity Fair*. "I never thought I would reach their level. I am both weepy and giddy."

KERRY CONDON

THE BANSHEES OF INISHERIN It's a long way from Tipperary to the Oscar stage, but Kerry, 40, is ready to make that leap! Growing up in the Irish countryside, the *Better Call Saul* star worked at a sandwich shop to pay for acting lessons and, at 18, became the youngest actress to play *Hamlet*'s Ophelia for Britain's Royal Shakespeare Company. To cement her Oscar win, Kerry's plus-one will be younger brother Roderick, whom she calls her "little lucky charm." Plus, she's got the luck of the Irish! "[That's more of] an American thing," she said on *Jimmy Kimmel Live!* "But it's great. I like it. I'll take it!"

'I want to make movies forever and ever'
- STEPHANIE HSU

STEPHANIE HSU

EVERYTHING EVERYWHERE ALL AT ONCE

She's been a singer, a Broadway star and an improv artist, but what makes Stephanie happiest is being on a film set. "I want to make movies forever and ever," she says. "It is the best." After playing daughter Joy and villain Jobu Tupaki in this year's runaway multiverse hit, she's certainly destined for silver-screen greatness. For now, the *Marvelous Mrs. Maisel* actress, 32, is just enjoying being nominated along with co-stars Michelle Yeoh and Jamie Lee Curtis. "It's very wild to work with these legends, because you're like, 'I spent my whole upbringing witnessing you on a tiny screen and now you're in person and we're building something together.'"

ANGELA BASSETT

BLACK PANTHER: WAKANDA FOREVER The two-time Oscar nominee, 64, has spent almost four decades giving it her all – from channelling Tina Turner in *What's Love Got to Do with It* to playing an instinctive police sergeant in *9-1-1*. Now she's made history as the first Marvel star to get an acting Oscar nod. Through it all, the fashionable wife of actor Courtney B. Vance and mom to twins Bronwyn and Slater, 17, is mindful of how she's representing women of colour. "There's complexity to us," she told *InStyle*. "There's beauty to us. There's strength to us. There's compassion to us. There are so many wonderful things." ▶

CLOCKWISE FROM TOP LEFT: DOMENICO STINELLIS/THE CANADIAN PRESS; A24; REBECCA CABAGE/INVISION//THE CANADIAN PRESS; MICHAEL ROWE/GETTY IMAGES; ELI ADÉ/MARVEL; A24; CHRISTOPHER SMITH/INVISION/THE CANADIAN PRESS; JONATHAN HESSION/SEARCHLIGHT PICTURES/EVERETT COLLECTION; O'CONNOR/THE CANADIAN PRESS; ALLYSON RIGGS/A24

BEST SUPPORTING ACTOR

'To see a dream finally come true is incredible'
- KE HUY QUAN

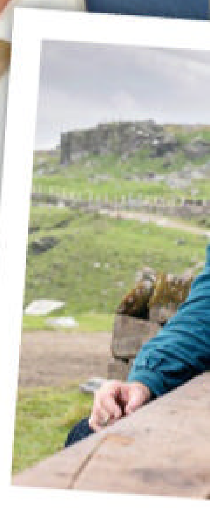
KE HUY QUAN

EVERYTHING EVERYWHERE ALL AT ONCE

If at first you don't succeed, try again! As a teen actor, Ke shone in '80s hits like *Indiana Jones and the Temple of Doom* and *The Goonies*. But Hollywood didn't come knocking, and rather than becoming a box-office star, he ended up enrolling in film school. Now, at 51, he's sweeping awards season. "When you have a dream and you kind of bury it because you think it won't come true, to see it finally come true is incredible," says Ke. Famous fans, meanwhile, are elated for his mid-life success. "I'm so happy for him," said Harrison Ford, 80, of his former sidekick. "He's a great guy!"

BARRY KEOGHAN

THE BANSHEES OF INISHERIN Being recognized for his craft is wonderful, but becoming a dad is out of this world. "It's indescribable," says the *Eternals* star, 30, who has a six-month-old baby, Brando, with his orthodontist girlfriend, Alyson Sandro. "It's a love I've not felt before." Raised by his grandma after shuffling between foster homes as a child, the Dublin-born actor (who plays an earnest pal to Colin Farrell's heartbroken character) hopes his story will inspire others to reach for the top. "I thought, 'Given where I came from, it's not normal to break into Hollywood, but wouldn't that be good if I tried?' I want kids to think that."



CLOCKWISE FROM TOP LEFT: DANA PLEASANT/INVISION//THE CANADIAN PRESS; A24; DANIELE VENTURELLI/GETTY IMAGES; TIM P. WHITBY/GETTY IMAGES; JONATHAN HESSION/SEARCHLIGHT PICTURES/EVERETT COLLECTION

BRIAN TYREE HENRY

CAUSEWAY The North Carolina native, who graduated with a theatre degree from Yale, has been unstoppable since his star turn in TV's *Atlanta* (which earned him an Emmy nod). Now, he's making waves on Broadway and in films, too. Few are surprised that the *Bullet Train* actor, 40, is getting his due, least of all Jennifer Lawrence, his co-star in *Causeway*, which sees their characters bond over trauma. "She's been really supportive," Brian told *E! News* of his friend, who tried to prepare him for this big moment. "After almost every take, she would say, 'You're gonna get nominated for an Oscar!'"

BRENDAN GLEESON

THE BANSHEES OF INISHERIN A one-time teacher who didn't embrace acting full-time until his 30s, Brendan, 67, isn't in it for the awards. "It's not why we do it," the dad of four told the *L.A. Times* when asked about the prospect of an Oscar nod. Though, he allowed, "It'd be great if it happened." For the *Braveheart* actor, landing the role of Colm – a man who abruptly and inexplicably terminates a lifelong friendship – was reward enough as he got to reunite with real-life pal Colin Farrell (page 41). "There's just something really special about myself and Colin," said Brendan. "It doesn't matter if it's years between the times we see each other; we just pick up where we left off."

JUDD HIRSCH

THE FABELMANS As cantankerous Uncle Boris in Steven Spielberg's latest film, Judd was able to dazzle audiences with less than 10 minutes onscreen. That's no surprise, given the actor's longevity in Hollywood. "Steven likes to say that this is one of his only films that doesn't have an alien in it or an animal or a robot or a dinosaur. And I said, 'No, *I'm* that!'" jokes the Emmy-winning *Taxi* star, 87. Nominated in 1981 in this category for *Ordinary People*, he is now the second-oldest acting nominee (after Canadian Christopher Plummer) and holds the longest gap – 42 years – between nods. **H**

CLOCKWISE FROM TOP LEFT: MICHAEL ROWE/GETTY IMAGES; MOVIESTORE COLLECTION LTD/ALAMY; HUNTER ABRAMS/SHUTTERSTOCK; LIFESTYLE PICTURES/ALAMY; JONATHAN HESSION/SEARCHLIGHT PICTURES/EVERETT COLLECTION

EXCLUSIVE INTERVIEW & PHOTOS

THREE-TIME OSCAR WINNER
SANDY POWELL
THE COSTUME DESIGNER SHARES THE SECRETS OF SOME FAVOURITE FILMS

Sandy Powell has designed for some of the biggest names in Hollywood and worked with a host of legendary directors. Now she's making film history by becoming the first-ever costume designer to be honoured with a prestigious BAFTA Fellowship award at the recent star-studded celebration in London (page 6).

The three-time Oscar winner, who already had three BAFTAs under her belt, joins the ranks of Steven Spielberg, Elizabeth Taylor, Sir Alfred Hitchcock, Lord Laurence Olivier, Dame Judi Dench, Dame Helen Mirren and Martin Scorsese, all of whom have been recognized for their outstanding contributions to film or television.

"The first thing I thought was, 'That must mean I'm really old and being put out to pasture,'" jokes Sandy, 62, as she speaks exclusively to *Hello!* about the honour. "On the one hand, it's terrifying, and on the other, it's really flattering to be recognized for a body of work rather than one film. I'm also proud to be the first designer to be given the award, so let's hope it's the opening up of the fellowship to other people who aren't actors, directors or producers."

Her job is as much about "communication, diplomacy and psychology" as designing, she says. "The key is to gain your actor's trust. If you've got that, then you're halfway there."

However, she comes with a reputation. "Some actors have said they were scared about meeting me," she says. "I bumped into Bill Nighy the other day, when he'd been doing press interviews, and he told me, 'Everyone wants to know what it's like working with you.'

'What did you say?' I asked him. And he said, with a wink, 'I just say, "I do whatever she tells me."'"

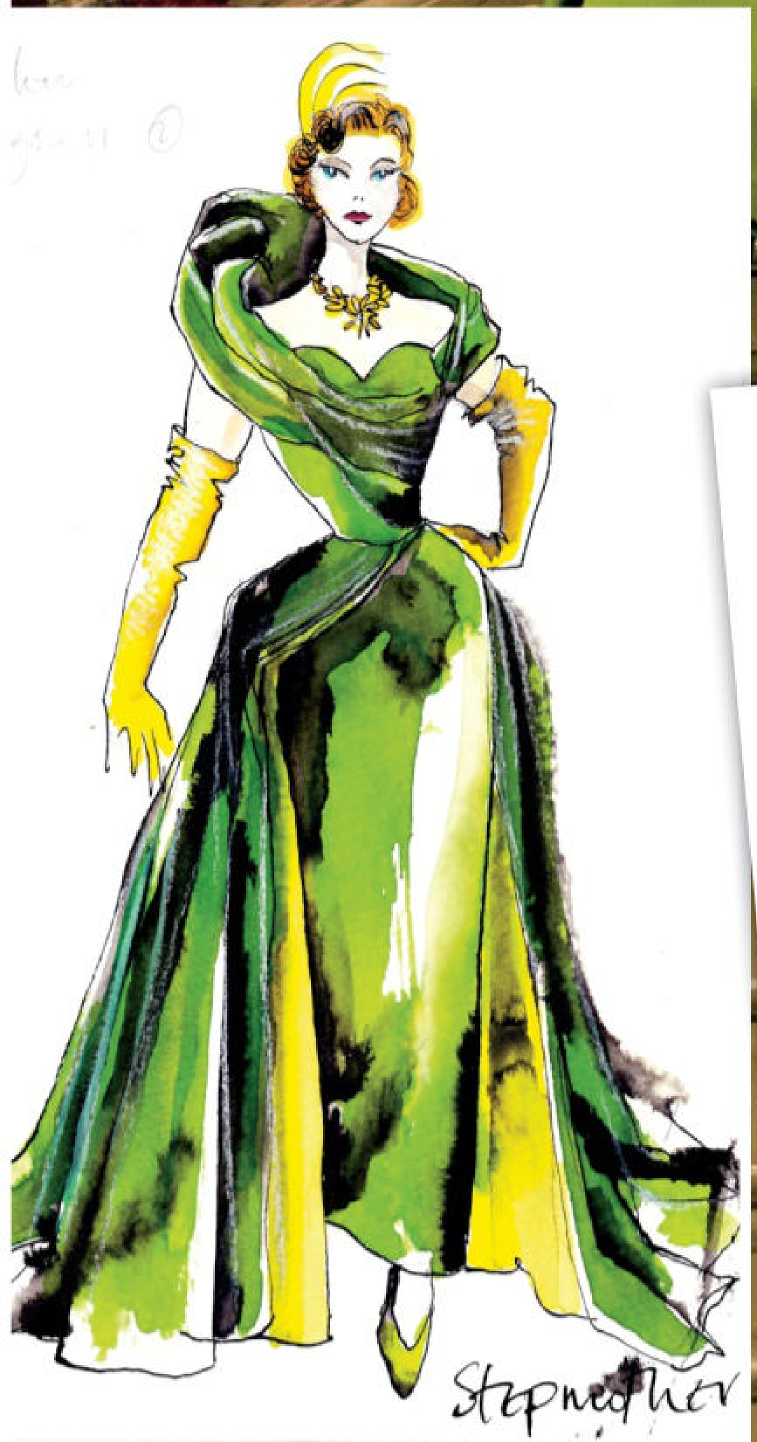
Here, Sandy talks about five of her most-recognized films – from the fantasy of *Cinderella* to the 1950s realism of *Carol* – and what they were like to work on.

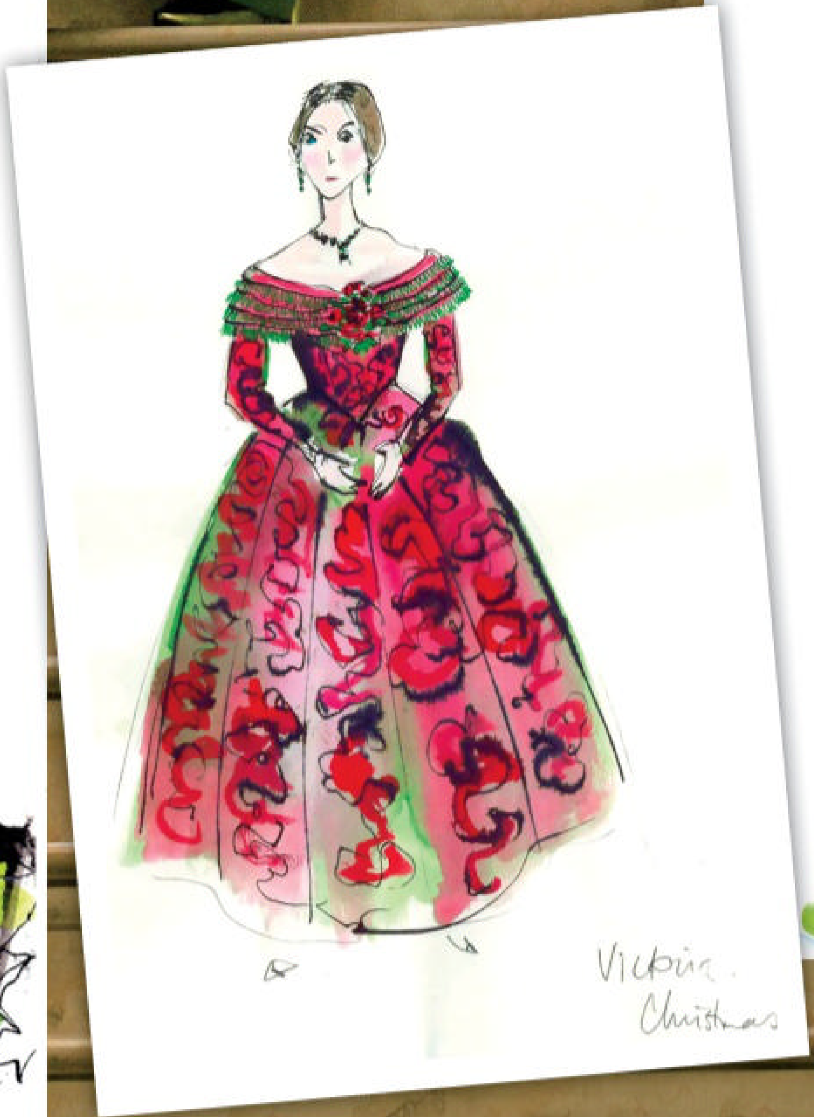
Adding to her many accolades, Sandy accepts this year's BAFTA Fellowship award from her frequent muse, Cate Blanchett (right).

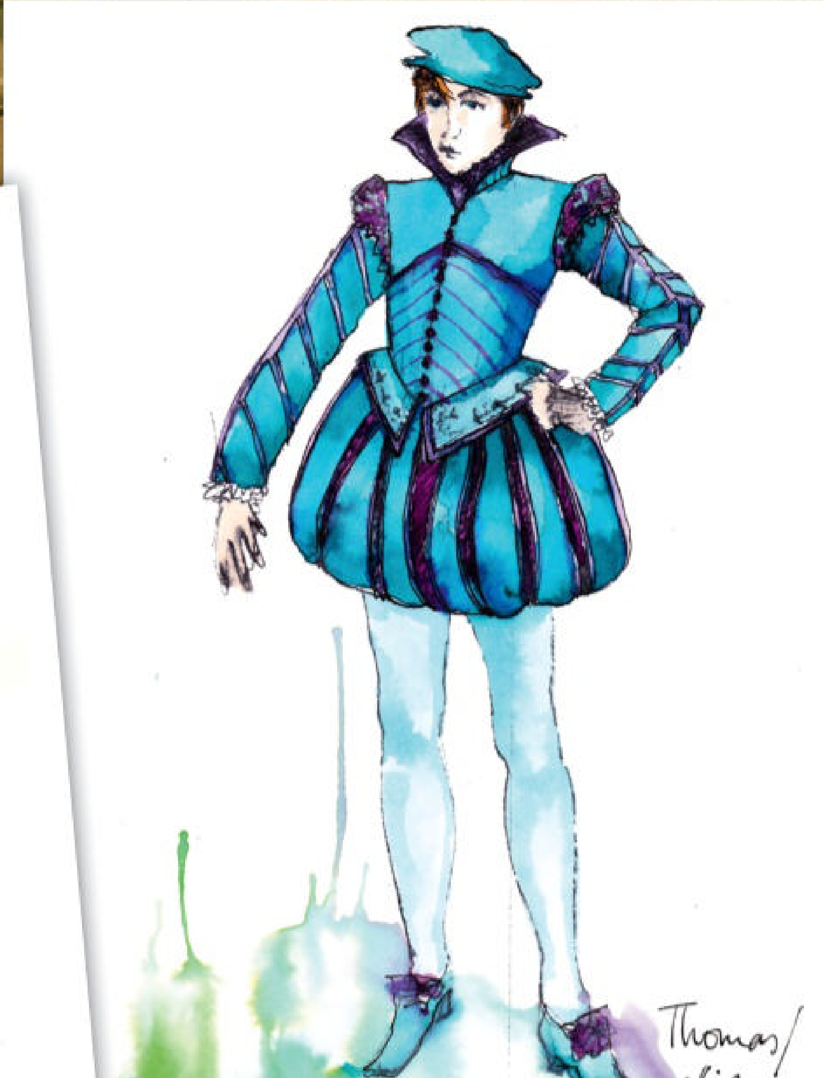
ALL ILLUSTRATIONS: SANDY POWELL. FROM LEFT: PHIL FISK/BAFTA; DAVE J HOGAN/GETTY IMAGES; CINEMATIC COLLECTION/ALAMY

'I'm proud to be the first designer to be given the award. Let's hope it's the opening up of the fellowship'

Cate has a ball in *Cinderella*, wearing Sandy's original costume (left). Sketches also reveal her designs for *The Young Victoria* (below left) and *Shakespeare in Love* (below). ►


Stepmother


Victoria
Christmas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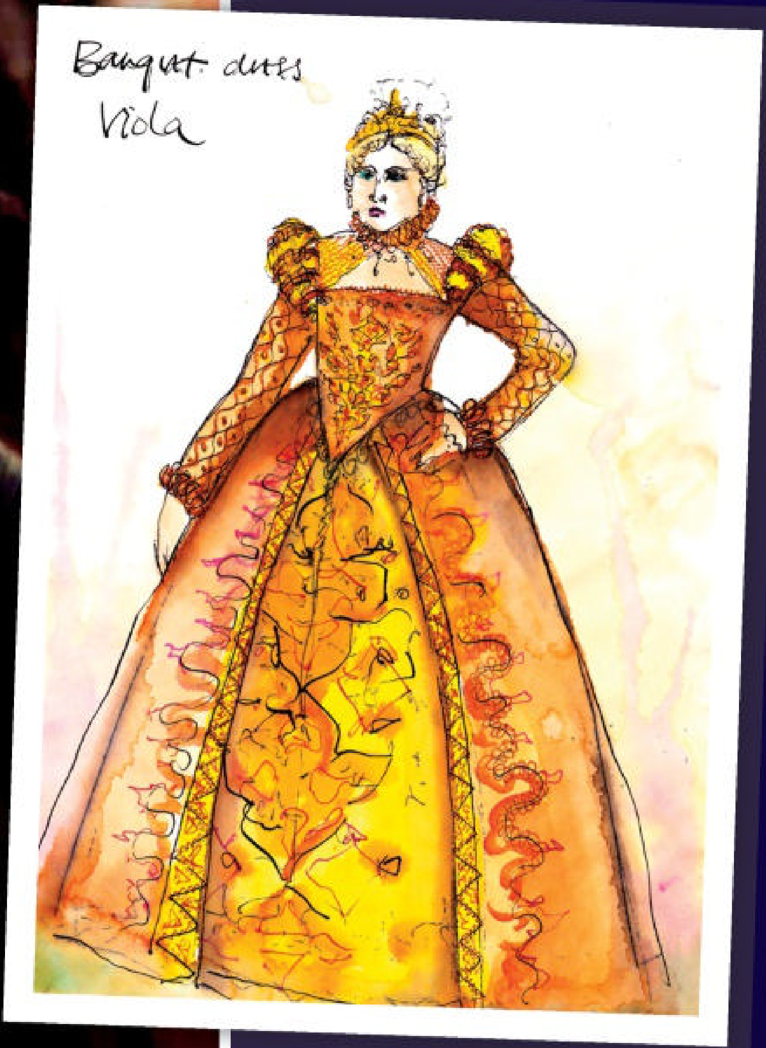
Viola

'We made Dame Judi wear trainers with big platforms under the dress'



Sandy's original sketch for Gwyneth Paltrow's character in *Shakespeare in Love* shows the 'heightened' colour palette she was aiming for – and achieved, with the finished piece (left) glowing as Gwyneth dances with Joseph Fiennes.

CLOCKWISE FROM TOP LEFT: UNITED ARCHIVES/ALAMY; NO CREDIT; UNITED ARCHIVES/ALAMY; MOVIESTORE/ALAMY; AJ PICS/ALAMY; GK FILMS/SHUTTERSTOCK; CINEMATIC COLLECTION/ALAMY

SHAKESPEARE IN LOVE (1998)

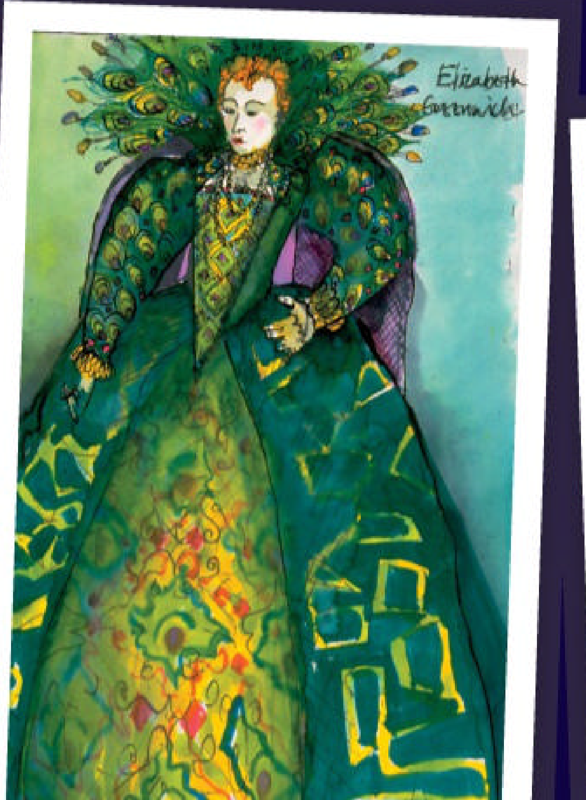
"This was one of the friendliest films I've worked on. At the time, I thought, 'This film is probably going to be rubbish because we've had such a good time.' But we put the hours in. [It went on to win seven Oscars, including costume design.]

It was set in the Elizabethan period, so it was as accurate as we could make it, but the colour palette and patterns were heightened. The concern was that Gwyneth [Paltrow] and Joe [Fiennes] had to appeal to the young audience. They had to be an archetypal sexy young couple, but Joe was wearing a doublet and hose. I was asked, 'Could he not wear proper trousers rather than tights and breeches?' To compromise, I made the breeches a bit longer, to the knee, and gave him boots and a leather doublet, which gave a more 'contemporary' feel.

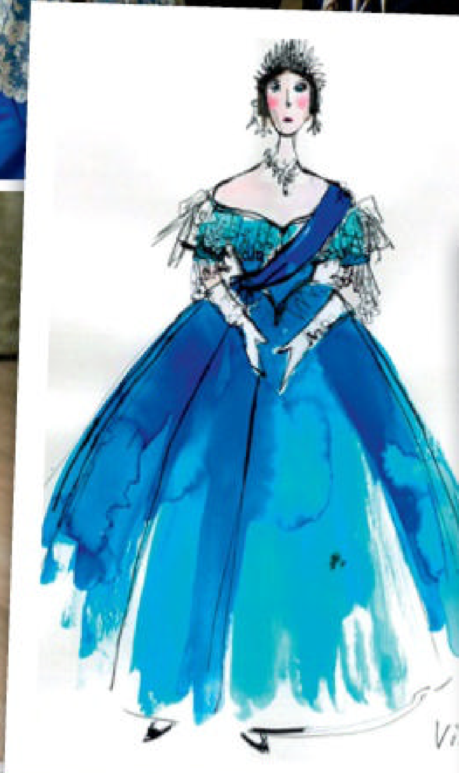
Dame Judi Dench, who played Queen Elizabeth I, was only in the film for seven minutes but had three outfits. They were extraordinary, like pieces of structural engineering. The foundation was a farthingale, which is a framework over which the fabric was placed. It wasn't the lightest of fabrics, I admit, and, looking back, I should have made it a bit easier for her. It took three people to carry the dress and three people to fit her.

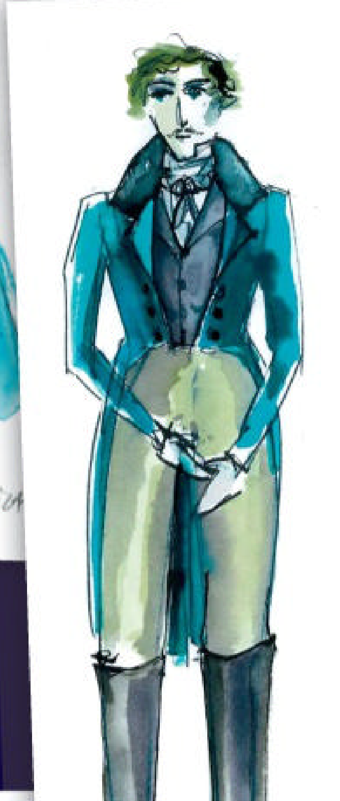
Because she is very small and the framework was so big, we had to give her some height, so we made her wear Buffalo trainers with big platforms under the dress. They were all the rage in the 1990s – all the kids wore them."

Though she was only in the film for a few minutes, Judi Dench had three costumes that were so complex, it took three people to dress her!



'I went to Kensington Palace and saw Victoria's original clothing – she was tiny'





Sandy's designs for the film (right and above, as the finished piece) won her an Academy Award – her third.

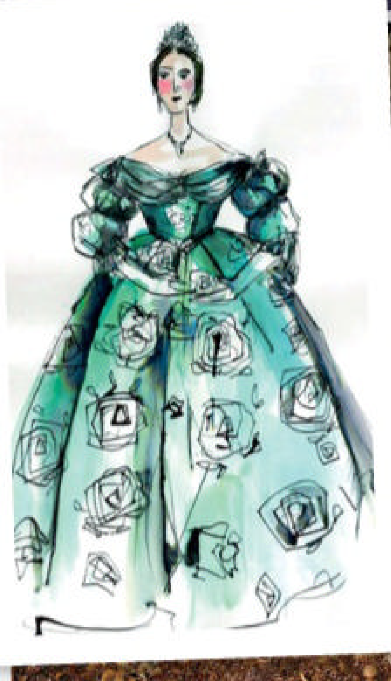
THE YOUNG VICTORIA (2009)

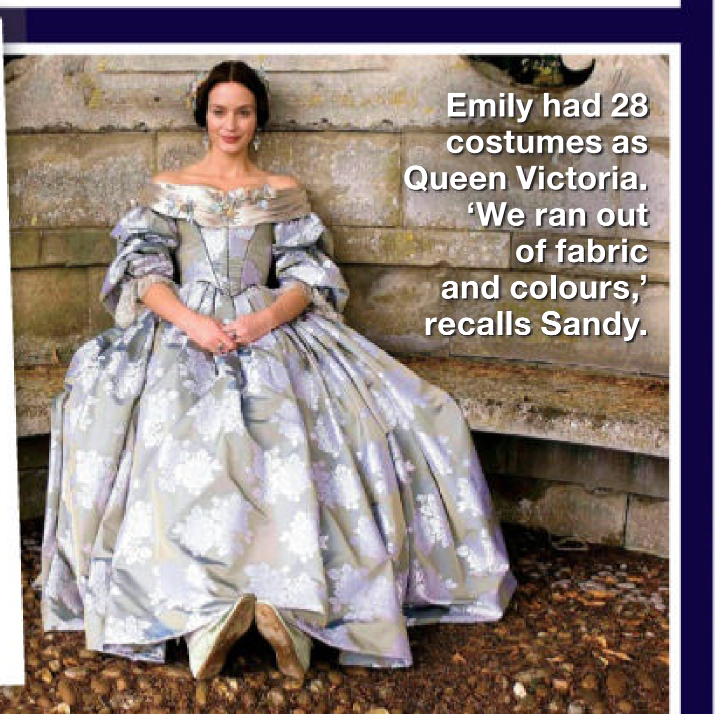
"What I remember about this film was churning out costume after costume. I think Emily Blunt had about 28, and we ran out of fabric and colours. How do you do a similar type of dress but different?

I went to Kensington Palace and was able to see original pieces of clothing, wrapped in tissue paper and packed flat. You had to wear special gloves to touch them. They were doll-size – Victoria was tiny. I was able to recreate her wedding dress and coronation robe almost exactly.

The men's clothing during this period was very attractive. There's a scene where Prince Albert [Rupert Friend] comes to visit her; the script describes him as 'handsome as the dawn.' So I made his trousers a little bit tight, with over-the-knee boots and a cutaway jacket. He has two big dogs by his side, and he certainly looks 'as handsome as the dawn.'"

Emily Blunt and Rupert Friend as Victoria and Albert in *The Young Victoria*. 'I really enjoyed working on it,' says Sandy, who intentionally gave Rupert tight trousers and describes Emily as 'great – funny and easy to work with.' ▶





Emily had 28 costumes as Queen Victoria. 'We ran out of fabric and colours,' recalls Sandy.

'It's great when you've got an actor who loves clothes. Cate is one of those people who would look good in a sack'

CAROL (2015)

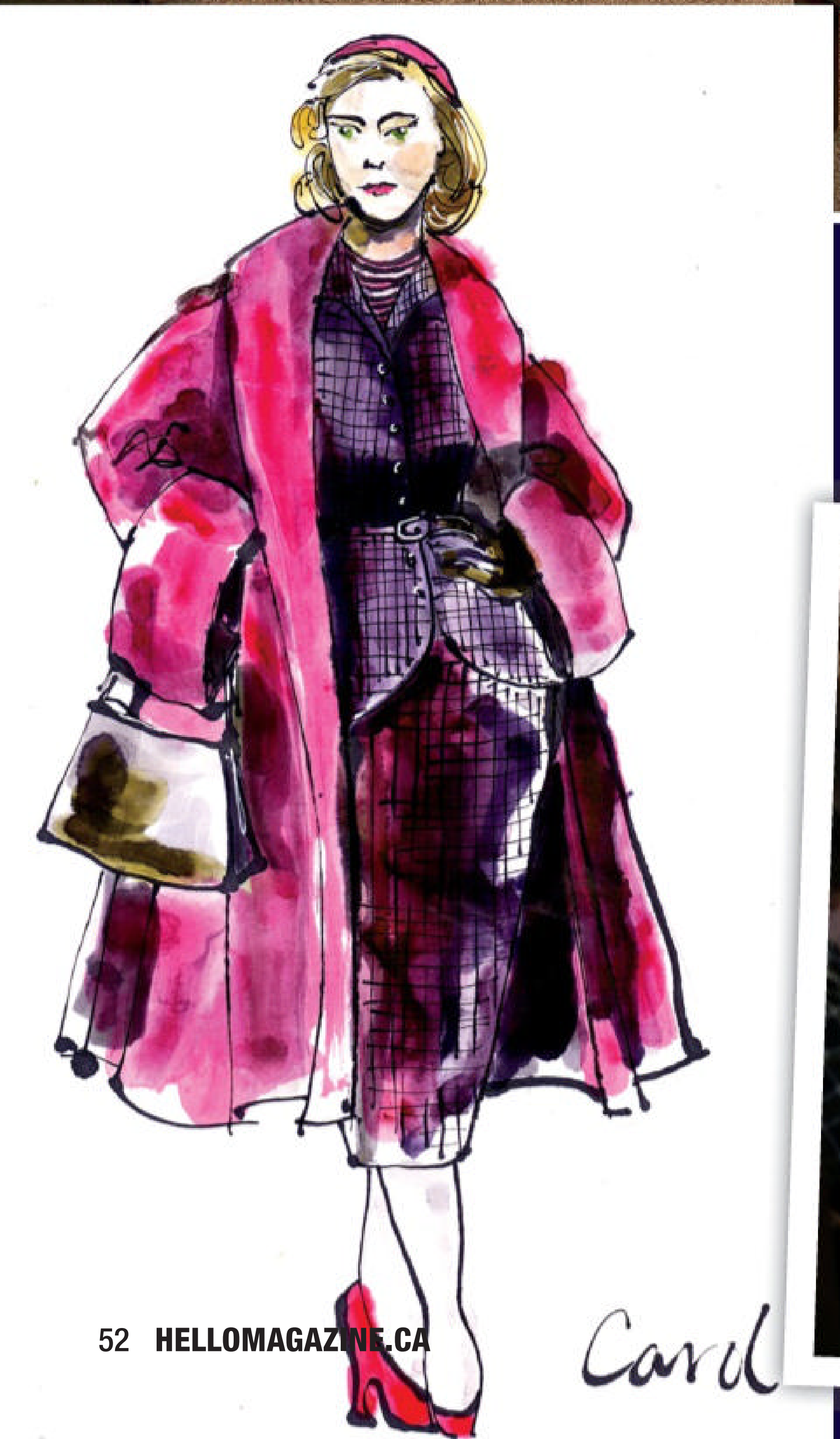
"Set in 1953, this is a love story between Carol [Cate Blanchett], an older, sophisticated, wealthy woman, and Therese [Rooney Mara], who hasn't quite found her place in the world yet. With her, I went slightly beatnik, as her friends were artistic types. Cate's character was the epitome of chic, so I put her in muted colours: dove greys, duck egg blues and mushroomy taupes. It was important to put her in a soft, clean colour palette, as it oozes sophistication.

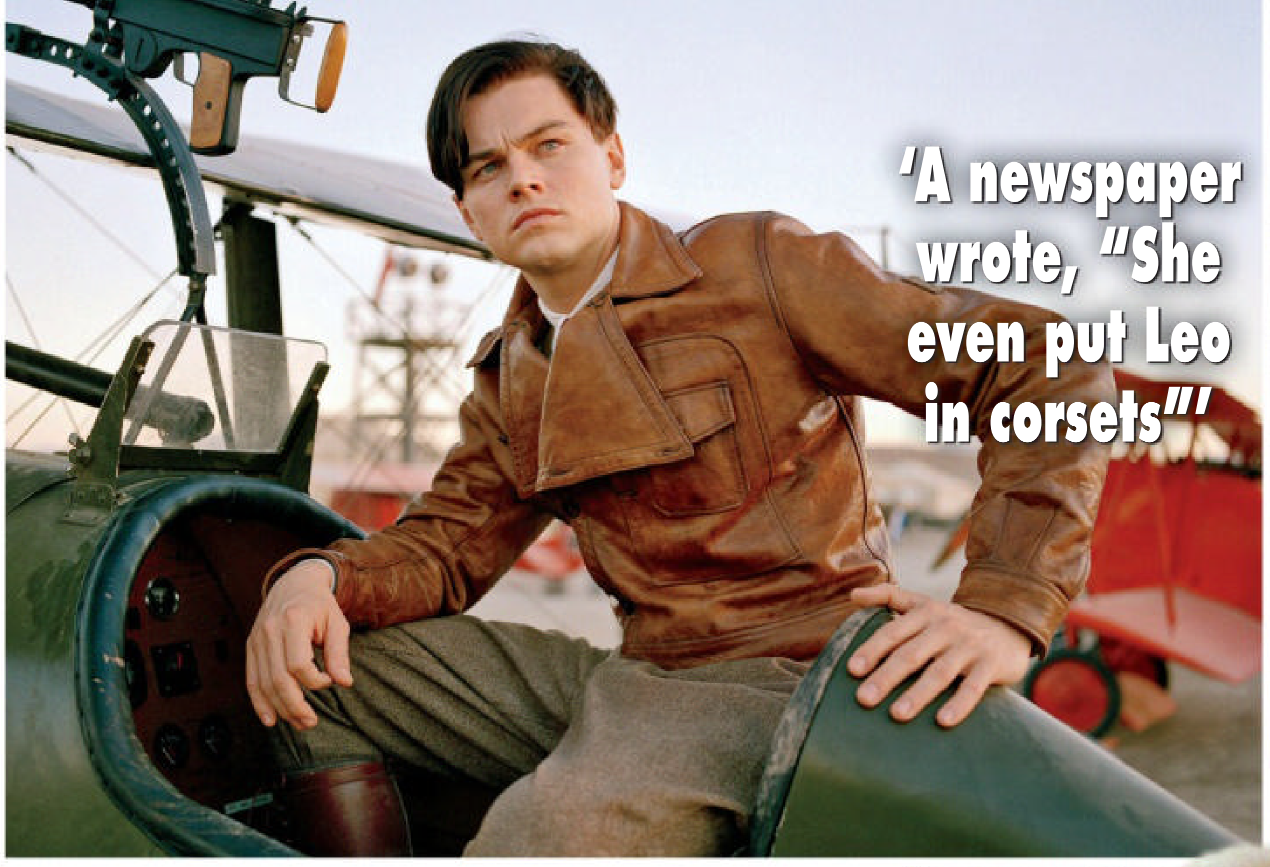
The only colour I used to highlight and lift it all was coral. I call it Carol coral. I'm a bit obsessive about colour, especially getting the right tone. If it goes a little bit too yellow or a little bit too red, it's wrong.

It's always great when you've got an actor who loves clothes, understands them and knows how to wear them, like Cate.

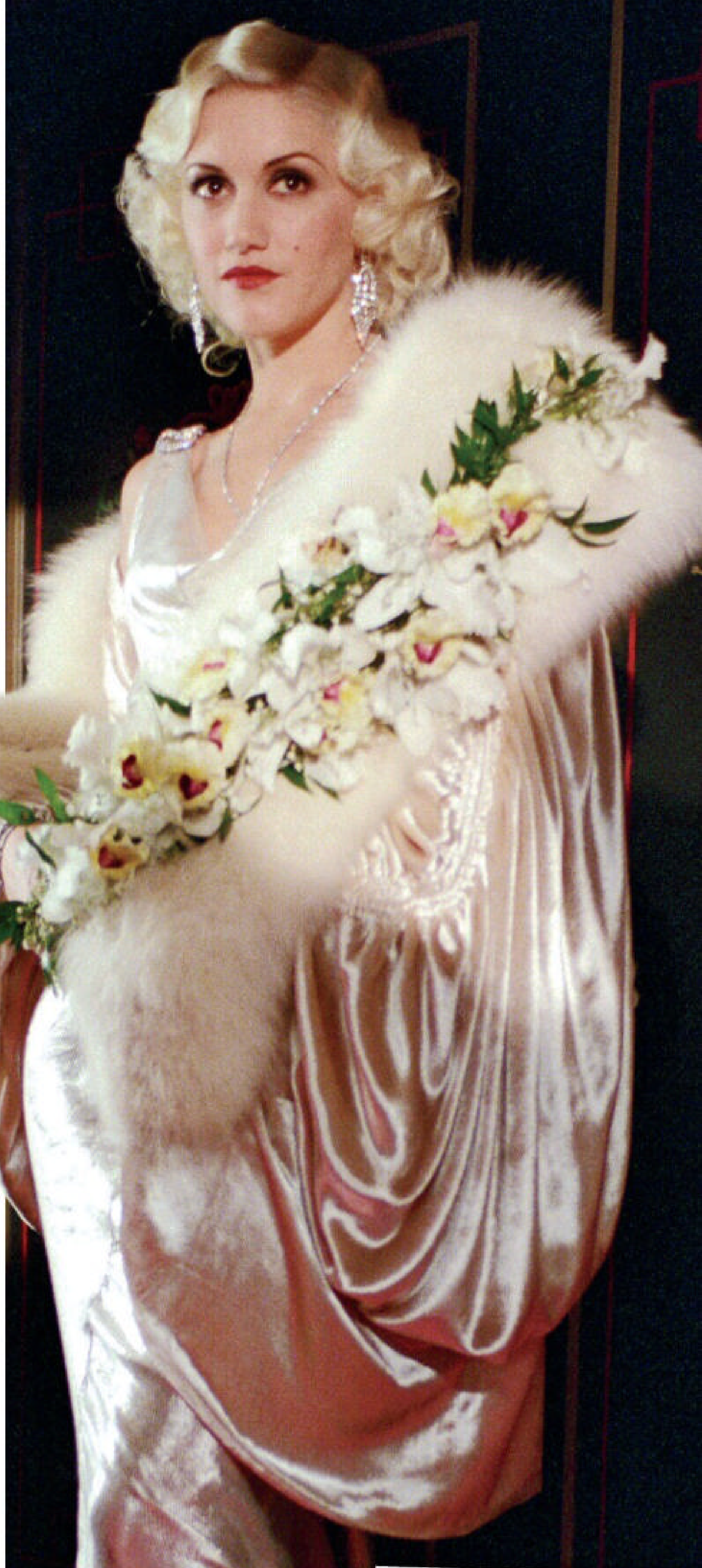
Sometimes during a fitting, you put an actor in clothes and they just stand there for the photo. Other actors sell the look and inhabit the costume, as opposed to just putting it on. Cate is also one of those people who would look good in a sack."

Wanting Cate Blanchett to 'ooze sophistication' in her role as Carol, Sandy used a 'soft, clean' colour scheme with muted tones – and a touch of coral, as seen in the original sketch for the outfit (left).





'A newspaper wrote, "She even put Leo in corsets"'



THE AVIATOR (2004)

"This was my second film with director Martin Scorsese and a fabulous one to work on – and on a massive scale. I'm proud of it.

It was set in the golden age of Hollywood, and I had these brilliant real-life characters to dress. It had to look realistic to the period, and there was enough glamour and extravagance to not have to heighten anything.

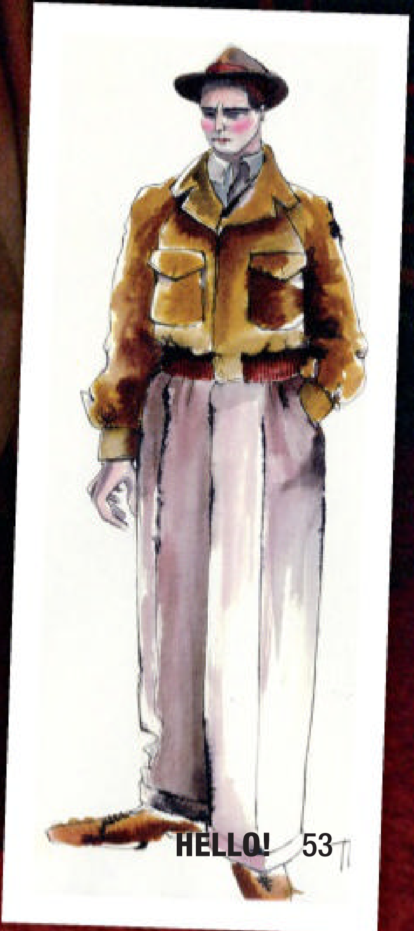
I didn't copy the exact outfits that Katharine Hepburn [Cate Blanchett] wore but used the look and feel and shape. There were a couple of outfits that Leo [DiCaprio] wore that were direct copies of Howard Hughes: the aviation jacket and a sports jacket. He also wore off-the-peg, cheap suits: Hughes didn't spend money on clothes.

For the scenes where he dressed up to go out, I wanted him to look trim in tails – my poster boys were Fred Astaire and Cary Grant. Men in tails in old movies look elegant, and that has a lot to do with posture. Modern young people, especially men, don't have that posture because they're not used to wearing restrictive clothing. Instead, they wear T-shirts or track pants. Also, Leo doesn't have the sort of vanity where he's constantly working out.

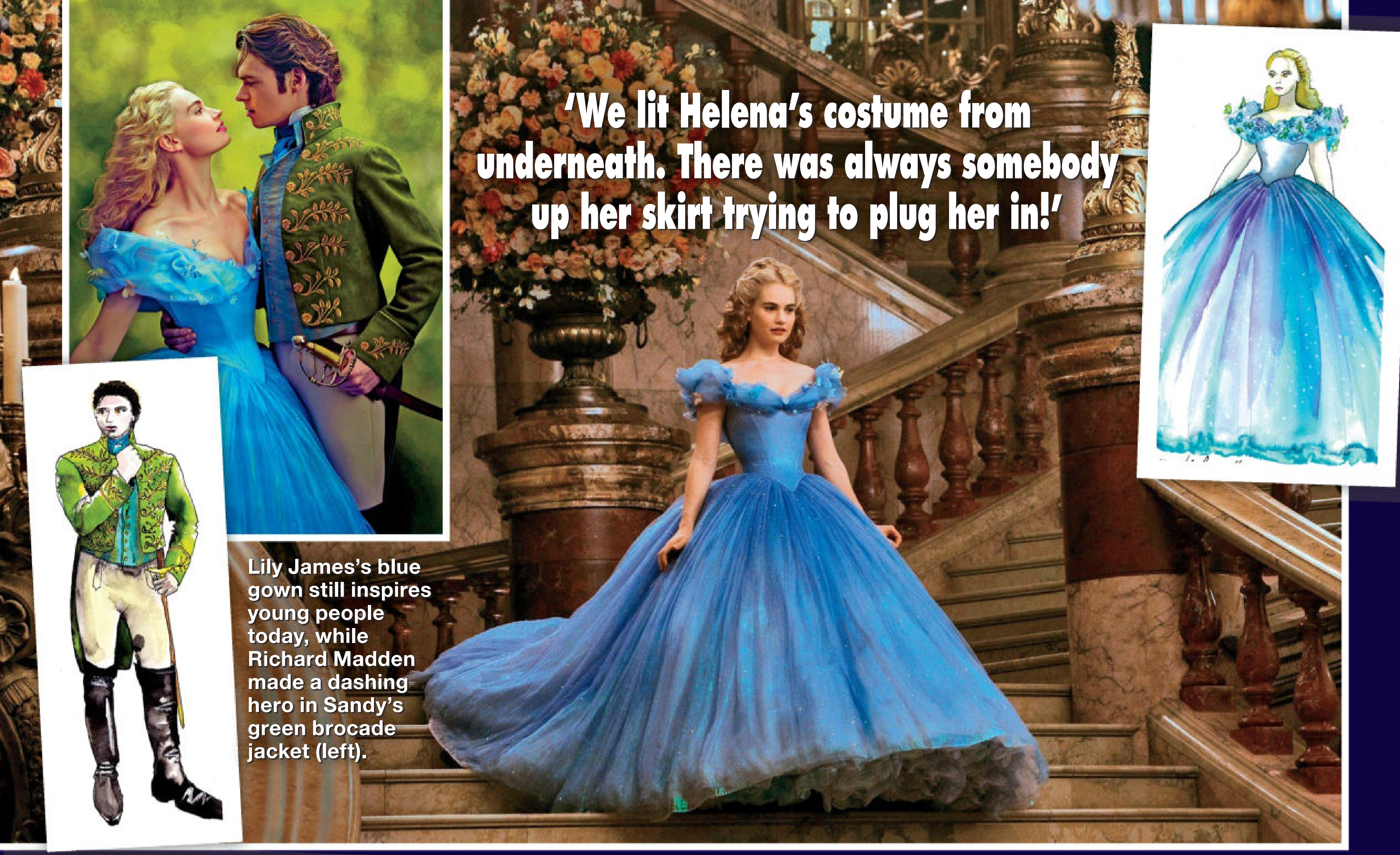
To get the look I wanted, I made Leo and all the men wear corsets – not bone ones but made from rubber. It made them aware of their trunk and torso and reminded them to stand up. Somehow it got out and there was an article in a paper about me being a bully costume designer, saying, 'She even put Leo in corsets.'

Scorsese is very meticulous. I'll show him fitting pictures and he'll say, 'Great, but hang on. Is there another tie? One that's a bit thinner?' It'll be some tiny detail, but I never resent it."

***The Aviator* won Sandy her second Oscar. She copied Howard Hughes's original aviation jacket for her design (far right) for Leonardo DiCaprio to wear as the tycoon (top). She used her own take on 1920s and '30s outfits to dress Gwen Stefani as Jean Harlow (right) and Kate Beckinsale as Ava Gardner (below).** ▶



CLOCKWISE FROM TOP LEFT: CINEMATIC COLLECTION/ALAMY; ENTERTAINMENT PICTURES/ALAMY; AJ PICS/ALAMY; PROD.DB/ALAMY



'We lit Helena's costume from underneath. There was always somebody up her skirt trying to plug her in!'

Lily James's blue gown still inspires young people today, while Richard Madden made a dashing hero in Sandy's green brocade jacket (left).

CINDERELLA (2015)

I still get messages every day from young people about the Cinderella dress. They make versions of it – doll versions or their own versions – and send me pictures of them wearing it.

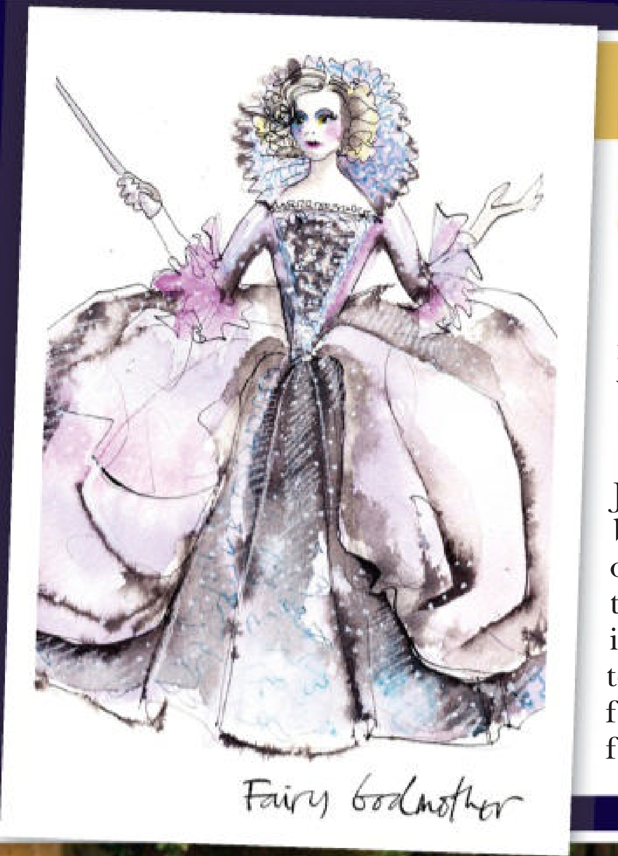
The one I designed for Lily James to wear is a cornflower blue with about seven layers of different colours – purple, turquoise, blue, green and an iridescent white – that all move to produce one colour. It's made from more than 250 metres of fabric, with 10,000 Swarovski crystals, the size of pinheads, applied all over to catch the light.

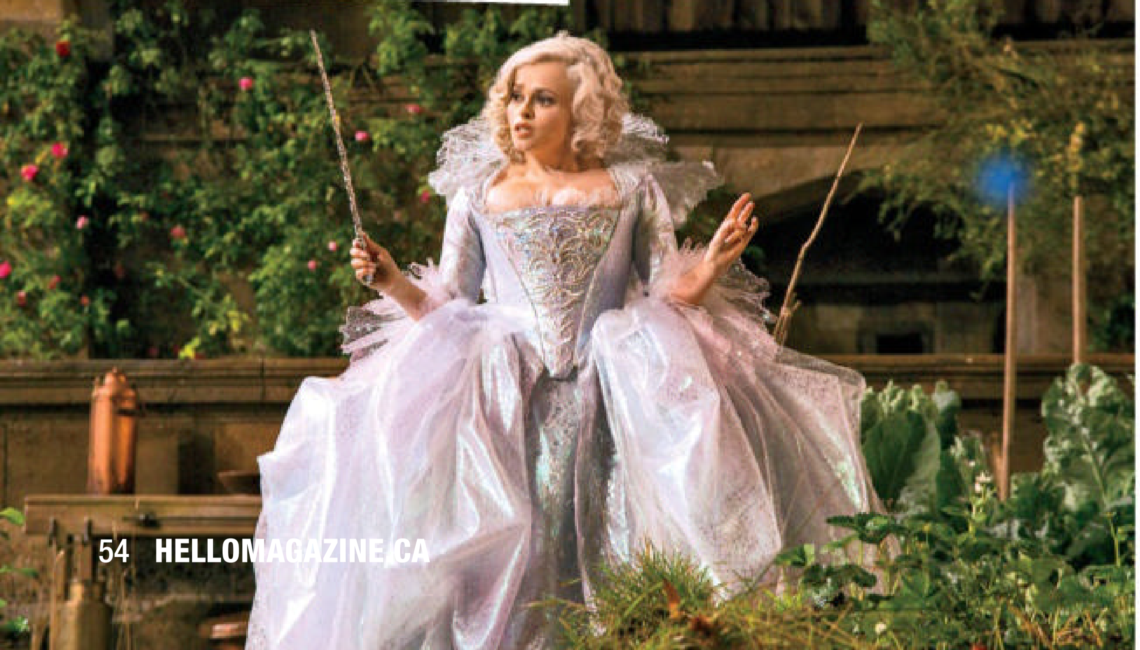
I remember having piles of fabric and trying all the layers in different order and then wafting it around to see what worked. The dress had to do a lot of things. Lily had to run down the stairs without holding any banisters and do a huge dance number in it. She also had to be completely confident and comfortable in it. I think it's the most work I've ever put into a costume.

Helena Bonham Carter played the fairy godmother, and we lit her costume from underneath. There was always somebody up her skirt trying to plug her in! I think technology's moved on since then and we'd find a much easier way of going about it now.

The costumes are bold and colourful, and I was able to have fun with them but in a controlled way. I never just let rip – otherwise it would be a hot mess. Everything is tonally balanced so that it doesn't offend my eyes.

REPORT: ROSALIND POWELL





To make Helena Bonham Carter a true fairy godmother (below left), Sandy created a glowing gown full of light – literally (left). Below: With 'wicked stepmother' Cate Blanchett.

CINEMATIC COLLECTION/ALAMY; MAXIMUM FILM/ALAMY; PROD.DB/ALAMY; CINEMATIC COLLECTION/ALAMY

1. MADONNA

Mourning the loss of brother Anthony

Madonna, 64, is remembering the eldest of her seven siblings, Anthony Ciccone, after he passed away at 66. A cause of death has yet to be revealed for the Michigan native, who had reportedly struggled with alcoholism. "Thank you for blowing my mind as a young girl," the singer wrote, going on to credit Anthony with introducing her to Buddhism, jazz music, Jack Kerouac and more. "You planted many important seeds."

2. ALEC BALDWIN

Pleads not guilty in shooting case

Alec Baldwin has pleaded not guilty to involuntary manslaughter charges resulting from a 2021 tragedy on the set of his film *Rust*, where the gun he was holding discharged, killing cinematographer Halyna Hutchins and wounding director Joel Souza. Told he can resume filming if he adheres to conditions such as a ban on guns, Alec, 64, now awaits a hearing that will decide whether the case will go to trial.

Quote of the week

"She was so incredibly sweet to me. I was a nervous actor just starting out and she made sure I felt welcomed…I'm so happy she's finally telling her story"

Eva Mendes gives a thumbs up to Pamela Anderson's new documentary and its kind-hearted Canadian star, whom she first met on the set of *V.I.P.* two decades ago

3. BRUCE WILLIS

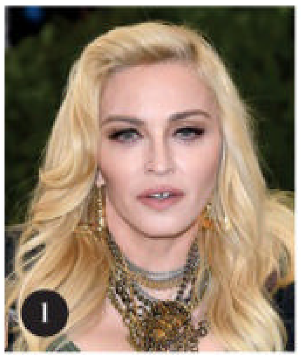
Brain condition has progressed to dementia

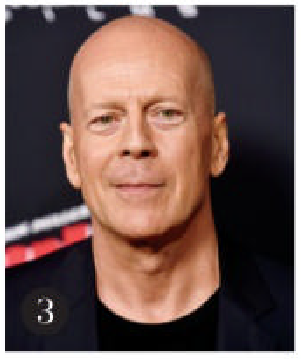
The family of *Die Hard* star Bruce Willis, 67, have revealed that his brain condition, aphasia, has "progressed" to frontotemporal dementia. "Unfortunately, challenges with communication are just one symptom of the disease Bruce faces," reads a statement from his wife, Emma, ex-wife Demi Moore, and Bruce and Demi's daughters Rumer, Scout and Tallulah (he also has two young children with Emma). "While this is painful, it is a relief to finally have a clear diagnosis."

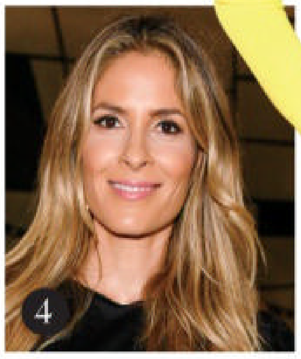
4. DINA PUGLIESE

Leaves *BT*: "It is my time to step down"

After 16 years as co-host of *Breakfast Television*, Dina Pugliese is moving on. "It is my time to step down," she announced on the broadcast, which went from being a local show to a national one during her tenure. Added the star, 48, "This job has been a blessing from day one." As for the future, Dina is looking forward to family time, travel with her husband, Alek Mirkovich, and leaning into her clean beauty line, The Care Principle.







5. SHANIA TWAIN

Puts son Eja in the spotlight

Music is in her blood – and her son's! Singer-songwriter Shania Twain revealed that Eja, her 21-year-old son with ex Mutt Lange, is her latest collaborator, as the writer of "Number One" on her new *Queen of Me* album. "He wrote it a couple of years ago," the Canadian star, 57, proudly said on the *Katie & Company* podcast. "He's a writer, a producer!" As for the thrill of being on Mom's album, "[Eja] just thinks it's cool," says Shania. "He's got his head together really well."

6. RAQUEL WELCH

Hollywood legend dies at 82

Tributes poured in for Raquel Welch as stars learned of her passing, at 82, after a brief illness. The Chicago native, who found fame in the 1960s as a sex symbol in films such as *One Million Years B.C.*, later won a Golden Globe for *The Three Musketeers* and made her mark as a fitness and beauty entrepreneur. "She was elegant, professional and glamorous beyond belief," said Reese Witherspoon of her *Legally Blonde* co-star. Married four times, Raquel is survived by two children.

CLOCKWISE FROM TOP LEFT: ANDREW TOTH/GETTY IMAGES; PASCAL LE SEGRETAIN/GETTY IMAGES; SUNSET BOULEVARD/GETTY IMAGES; KARWAI TANG/GETTY IMAGES; GEORGE PIMENTEL/GETTY IMAGES; FRAZER HARRISON/GETTY IMAGES; KARWAI TANG/GETTY IMAGES; KEVIN MAZUR/GETTY IMAGES

IN THE SPOTLIGHT

Celine Dion 'continues to recover'

Celine Dion's older sister Claudette, 74, opened up to Quebec's *Journal de Montréal* about the star's ongoing battle with stiff-person syndrome, a rare neurological disorder, sharing an emotional update and wishing her well. "I try to send her positive vibes in the hope that, one day, she will go back onstage," says Claudette. "I truly believe in the power of love."

Grammy winner Celine, 54, first went public with her diagnosis in December, admitting in an emotional video that she had "been dealing with problems with my health for a long time" and announcing she would need to postpone her European tour dates.

Like fans everywhere, Claudette is cheering for a comeback. "I am confident that life will give her back what she gave because she is an extremely intelligent woman, so very generous and talented and in love with life as well," she said.

Claudette also noted that Celine is in good hands. "She is surrounded by specialists as she continues to recover."

INTERNATIONAL
SPECIAL
WOMEN'S DAY

MAKING PAGEANT HISTORY
EMMA MORRISON
TELLS HER INSPIRING STORY OF BECOMING THE FIRST INDIGENOUS MISS WORLD CANADA

WORLD CANADA 20

In November, Emma won Miss World Canada (above, receiving the crown from her predecessor Jaime VandenBerg) after speaking about residential schools during the Q&A. The member of Chapleau Cree First Nation has started making traditional ribbon skirts (right) for charity.

FROM LEFT: PETER JUNG PHOTOGRAPHY; EMMA MORRISON INSTAGRAM; ERWIN LOEWEN

Emma Morrison stood before the judges, waiting calmly for her turn. After a month of modelling gowns, conducting preliminary interviews with judges and completing a fitness test of squats, push-ups and planks, Emma, 22, had made it to the final stage of Miss World Canada: just one final question from the judges to determine who would be crowned the winner and represent the nation at the international Miss World competition.

In the past, she had struggled with the Q&A segment. But in that moment, she felt grounded. In her hand, Emma, a member of Chapleau Cree First Nation, held a sprig of sage – a traditional medicine. “I spoke to Creator, saying, ‘Whatever you have planned for me, I surrender to that plan. If I’m meant to go onstage and completely bomb my question-and-answer, then, hey, I’m not supposed to win this year.’”

SPEAKING UP

Her turn came, then the question: What would she say to the government about residential schools and the status of Indigenous peoples? “I spoke about the legacy and the impact that it left on my family and the rest of the First Nation communities,” Emma recalls. “The feelings of residential school have always been really heavy in my family.”

She says that in the past few years, she’s had to confront those feelings and asked questions of her relatives, who “unsealed a lot more than what I had known in regards to the residential school.” From that darkness came a need to act and speak up: “I said [to the judges] that we need to move forward with the 94 [Truth and Reconciliation Commission] calls to action. We all need to be a lot of voices on advocacy for Indigenous peoples.”

With that answer, Emma secured Miss World Canada – the first Indigenous woman to do so in the pageant’s history.

SMALL-TOWN GIRL

Growing up in Chapleau, Ont., 800 km north of Toronto, Emma had never even entertained the idea of pageantry. The small-town girl from an outdoorsy family “spent a lot of time hunting and fishing.” Emma was shy but sporty, playing basketball and volleyball in high school while working part-time at the local grocery store. But in 2017, a representative for a local pageant reached out to her on Facebook, asking her to represent Chapleau.

At first, she was skeptical. “We grew up watching *Here Comes Honey BooBoo* and *Toddlers & Tiaras*, so that was our idea of pageantry,” she recalls. But a little research soon dispelled the reality-TV stereotypes. “Pageantry is so much more than what people think: you have to develop a platform, fundraise for charity and be an active member in your community to compete,” she explains. It turns out Emma was a natural. She won Miss Teenage Northern Ontario in 2017, then Miss Teenage Ontario and Miss Teenage Canada in quick succession.

As rewarding as those experiences were, Emma admits she struggled with anxiety and insecurity. “I was in an area where I was trying something new, on top of the fact that there weren’t a lot of people who looked like me,” she says. “I was nervous.” Of the 49 contestants in her first competition, just three others were Indigenous.

MEETING A MENTOR

But some words of encouragement from a trailblazer kept her strong. Ashley Callingbull, Canada’s first Mrs. Universe winner, reached out to Emma to congratulate her on her win. “I told her, ‘Hey, if you ever need anything, I’m here. I just think it’s so amazing what you’re doing,’” says Ashley, who’s from Enoch Cree Nation in Alberta, adding that she knows the weight of being an Indigenous woman in a space where “a lot of people don’t even want you to be there.”

For Emma, a path to greater confidence and self-understanding came after the 2021 discovery of residential

‘Pageantry is so much more than what people think’

school gravesites in Kamloops, B.C. “It sparked something inside of me,” she says of her shock, grief and anger. “I had so many different emotions.”

These feelings drove her to delve deeper into her own family history and identity and to find ways to honour her heritage. Through TikTok tutorials, she learned sewing and beading methods to make her own ribbon skirts. “I was taught [by] my grandmother…that women’s skirts symbolize a teepee,” explains Emma. “That means that the women – the people who wear the skirts – are at the heart of the home.”

Now, as part of her personal charitable initiative, Emma’s set to design, sew and donate 50 ribbon skirts for women across the country. “Whenever I wear ribbon skirts, I get feelings of connection and resiliency and celebration,” she says, “and I wanted to share these feelings with other Indigenous women.”

LIGHTING THE WAY

This newfound strength has helped pave Emma’s path to success. “Seeing her at the teenage pageant [in 2017] versus this latest one was almost night and day,” says Michelle Weswaldi, executive director of Pageant Group Canada. “I don’t even know if she had, at that point, come to appreciate her culture and know where she came from. She has grown into this proud Indigenous woman, and she can be that inspiration to all of those girls who are just like her.”

While Emma has thrown herself into her community and charity work, she’s also an early frontrunner for the international Miss World competition, taking place next year. “Her story is already different because she’s made history,” says Ashley. “On top of that, she has everything else. She has her culture to bring her strength. She knows what she’s going to say and what she’s going to stand for.”

REPORT: NICK DUNNE FOR *CHATELAINE*

Growing up, Emma says she was outdoorsy, sporty and shy. ‘I was able to open doors for myself by saying yes to the opportunities, although I was scared [of] being the only Indigenous person in the room.’

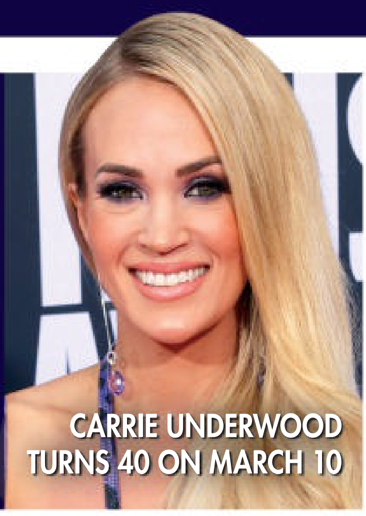
HELLO! HOROSCOPES

BY OSCAR CAINER

PISCES ♓

Feb. 20 – March 20

You're an empathic Piscean. That can make it hard to work out whether you want what you want because you want it or because someone else wants it. Fortunately, Saturn, the cosmic teacher, brings clarity of vision and depth of understanding. You will not only have a clearer sense of your own needs but also be able to take practical steps toward making your dreams come true.


CARRIE UNDERWOOD TURNS 40 ON MARCH 10

ARIES ♈

March 21 – April 20

You're right to be wary of the unknowns and ambiguities of your current situation and to think that if you just carry on doing what you're doing, there will be consequences. But you can't do nothing. So be guided by your intuition this full-moon week. Just because so much is uncertain doesn't mean that you can't make an informed choice about the best way to proceed.

TAURUS ♉

April 21 – May 21

The problem with other people is that they're not the same as us. For all their good intentions, they can't help seeing their own point of view instead of ours! We end up investing our precious time trying to negotiate mutually satisfactory plans. If a relationship with a certain person has been feeling strained, it's about to improve. The full moon enables you to see things from their point of view – and vice versa.

GEMINI ♊

May 22 – June 22

Yes, your life is hectic and demanding. But that's what you get when Mars, the power planet, is in your sign. Even though you're spinning so many plates, you're doing better than you think. The good news is that this week brings a boost of intuitive oomph that enables you to deal, once and for all, with a situation that's been depleting your energy, and it's replaced by the enthusiasm you've been lacking.

CANCER ♋

June 23 – July 23

There are clubs for people with all sorts of interests and hobbies, so surely there must be a club for professional martyrs. If so, you'd be a fully paid-up member, with the advantage that your fellow members would be willing to put themselves out for you! Don't allow anyone to take advantage of your generous nature this week. Use the full-moon energy to establish boundaries and practise self-care.

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LEO ♌

July 24 – Aug. 23

You don't need to be a neurophysicist or a member of Mensa to make the right decision; you just need to listen to your heart. It's unlikely it will take you on a path that doesn't feel right. The full-moon energy indicates that making pleasing progress involves less thought and more instinct. How will you know if your thinking is too wishful? You won't need to answer that question!

VIRGO ♍

Aug. 24 – Sept. 23

You're naturally good at handling the nuts and bolts of everyday life. With the full moon bringing out your spiritual side this week, you'll find creative ways to deal with pragmatic issues. While you can't expect everything to "go with the flow," at least one source of stress will dissipate. Prepare to feel more loved, more secure and more supported – and much more comfortable about the near future.

LIBRA ♎

Sept. 24 – Oct. 23

Some couches are badly designed. No matter what position you try, it's impossible to get comfy. In a similar way, some situations are uncomfortable. You've been making a concerted effort to adapt and adjust. This week brings a radical way of assessing a tricky situation and changing it. You'll have an opportunity to make a decision that will shift your position and finally let you feel at ease.

SCORPIO ♏

Oct. 24 – Nov. 22

We all want to be wanted. We love to be loved. There's nothing wrong with that. It's just that sometimes we try too hard. We give way in areas where we need to stand firm. And sometimes, bizarrely, we do the exact opposite: feeling vulnerable, we put up huge inner barriers that effectively keep out people who love us and want to help. Relax and trust. Be openhearted and good things will come to you.

SAGITTARIUS ♐

Nov. 23 – Dec. 21

Why do dating websites make such a fuss about shared interests when opposites do, in fact, attract? True understanding can defy logic. It can exist between people who don't think the same way, like the same things or even speak the same language. Conversely, it can fail to manifest where you most expect it. You can't manufacture it this week, but you can strengthen a connection.

CAPRICORN ♑

Dec. 22 – Jan. 20

They say "It's no good crying over spilled milk." Yet surely that depends on where the milk was spilled. If it was in your car in July, the smell after a few days might make you feel like crying! You've been dealing with a messy situation from your past. It's taken both ingenuity and hard work to clean it up. This week, you'll be able to complete this process and relax. Life is about to smell sweeter.

AQUARIUS ♒

Jan. 21 – Feb. 19

There are more questions than answers – probably because most answers tend to invite further questions. It's the same with decisions. Some psychologists say that every time we make a choice, we have to make 10 more. Most of the time, we're too busy dealing with things we have little influence over to ponder these complicated issues. But this full-moon week brings an excellent option. Don't think about it; take it.

PUZZLE SOLUTIONS

FEBRUARY 27 (ISSUE 858/859)

CROSSWORD

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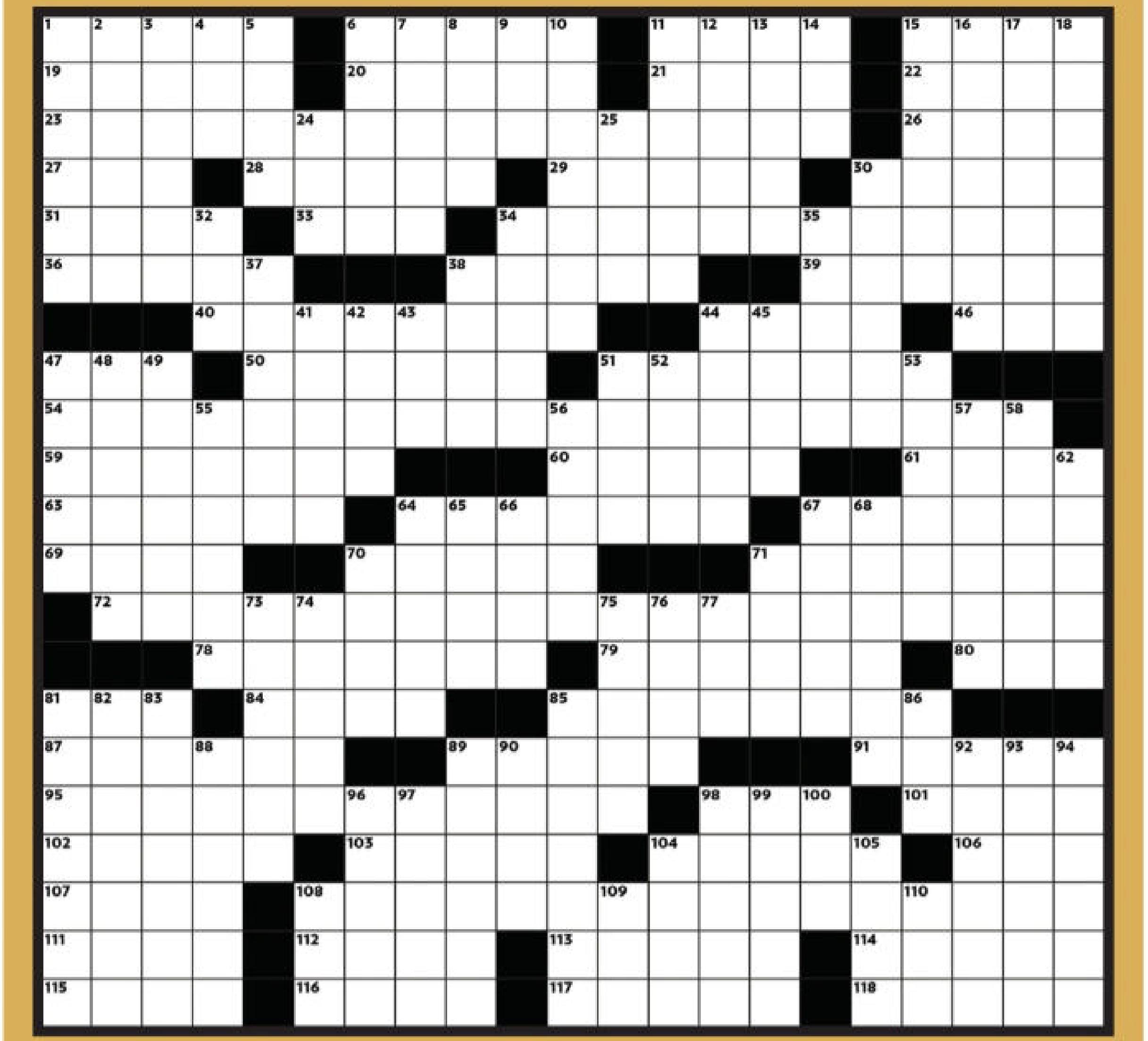
TERRY WYATT/GETTY IMAGES

JEWELRY TOMFOOLERY



CROSSWORD

BY MATT GAFFNEY

ACROSS

1 Post-fable wisdom
6 Bright
11 iPhone helper
15 Without a date
19 Estée Lauder subsidiary
20 Escapade
21 Latin for "one"
22 "Nope"
23 Jewelry worn when you're summoned to appear on *Judge Judy*?
26 Soup with seaweed
27 Super-agent Emanuel
28 Toys often spoken to
29 *Killing Eve* actress Shaw
30 "Liar, liar, ___ on fire!"
31 Factory
33 "Over here!"
34 Jewelry to remind a judge which cases will be heard today?
36 Locomotive mover
38 Work with three lines
39 Guarantee
40 Non-player in the dugout
44 Actress Neuwirth
46 Walker, on street signs
47 Stack in a 1990s tower
50 Mickey of *The Wrestler*
51 Resolve, as a problem
54 Jewelry sported by someone taking bids?
59 Bring back to life
60 Broad valleys
61 Globetrotters great Curly ___
63 Pompeo and Greene, for two
64 Faces
67 "Glad I'm back?"
69 *Witness* director Peter
70 Side-to-side distance
71 Upstate SUNY campus
72 Jewelry specially made for a practical joker?
78 Bee student?
79 Ted Danson charity
80 Direction away from WSW
81 Nintendo console
84 ___ Mujeres, Mexico
85 Financial-show guests
87 Eritrea's capital
89 Period of work
91 Marks got replaced by them
95 Jewelry found on a revolutionary's head?
98 Electricity source
101 *Law & Order* baddy
102 Last Supper item
103 Unpleasant encounter
104 Sound
106 72, on many courses
107 Horne or Dunham
108 Jewelry worn for a wild night on the town?
111 Clean up, as a manuscript
112 Just that single time
113 Rive Gauche's river
114 It runs through a plane
115 ___ on (spoil)
116 Director Mira
117 Morley of *60 Minutes* fame
118 Thumbs-ups

DOWN

1 Ladies
2 Utterly exasperated
3 Try again on your taxes
4 Suffix with orange
5 Touch down on the tarmac
6 Bathroom fixture
7 Like Hans and Franz of *SNL*
8 UES residences, usually
9 Gym unit
10 Thin Mint or Samoa alternative
11 81-square game
12 Silly
13 Charge
14 Suffix with minimal
15 Medicinal plants
16 Brainstorm
17 Strict
18 Just left a party without telling anyone
24 "I'm so stupid!"
25 Comedian Cannon
30 Wannabe
32 Chocolate ___
34 Challenge issuer
35 Cabinet department
37 Contralto Anderson
38 Walk in the woods
41 Appearance
42 Montreal moon
43 SAT's tougher cousin
44 Drew with an expert arm
45 Greek letters
47 Rod in Cooperstown
48 Hamilton, e.g.
49 Friend of Ginsburg
51 Obtain, casually
52 Stare impolitely
53 Strands in December
55 Little punks
56 Sun Valley is there
57 Loch legend
58 "Challenge accepted"
62 Sierra ___ (West African nation)
64 Countryside mansion
65 Just sitting around
66 Recipe instruction
67 Financial resources
68 Not back until the wee hours
70 Part of *WSJ*
71 Brisbane greeting
73 Snail shell's shape
74 Romero who played the Joker
75 Grandma, in Genoa
76 Docs have passed it
77 Slippery type
81 Moved from side to side
82 "Definitely!"
83 "Don't test me!"
85 His ___ (Michael Jordan nickname)
86 Dine
88 Take up a glider
89 Tricky baseball pitch
90 Manx cat's lack
92 Go by again
93 Wise one
94 Mall binges
96 Place to play
97 Stanley in *The Lovely Bones*
98 Dominick who wrote for *Vanity Fair*
99 "Doe, ___..."
100 It may be hot or dropped
104 "Like that would ever happen!"
105 "I guess that makes sense..."
108 Director Howard
109 Caspian or Ionian
110 "The cheque is in the mail," maybe

SUDOKU

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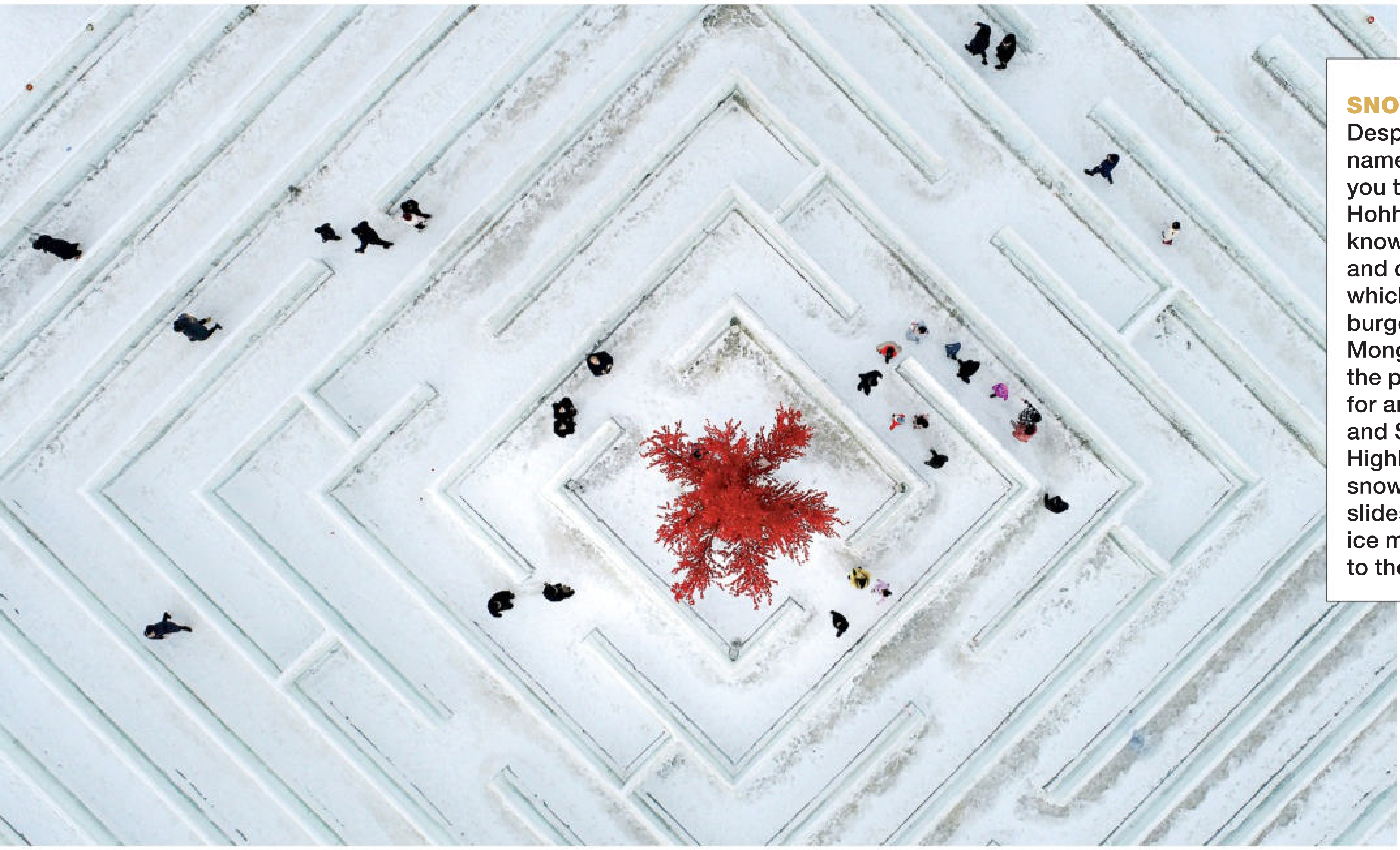
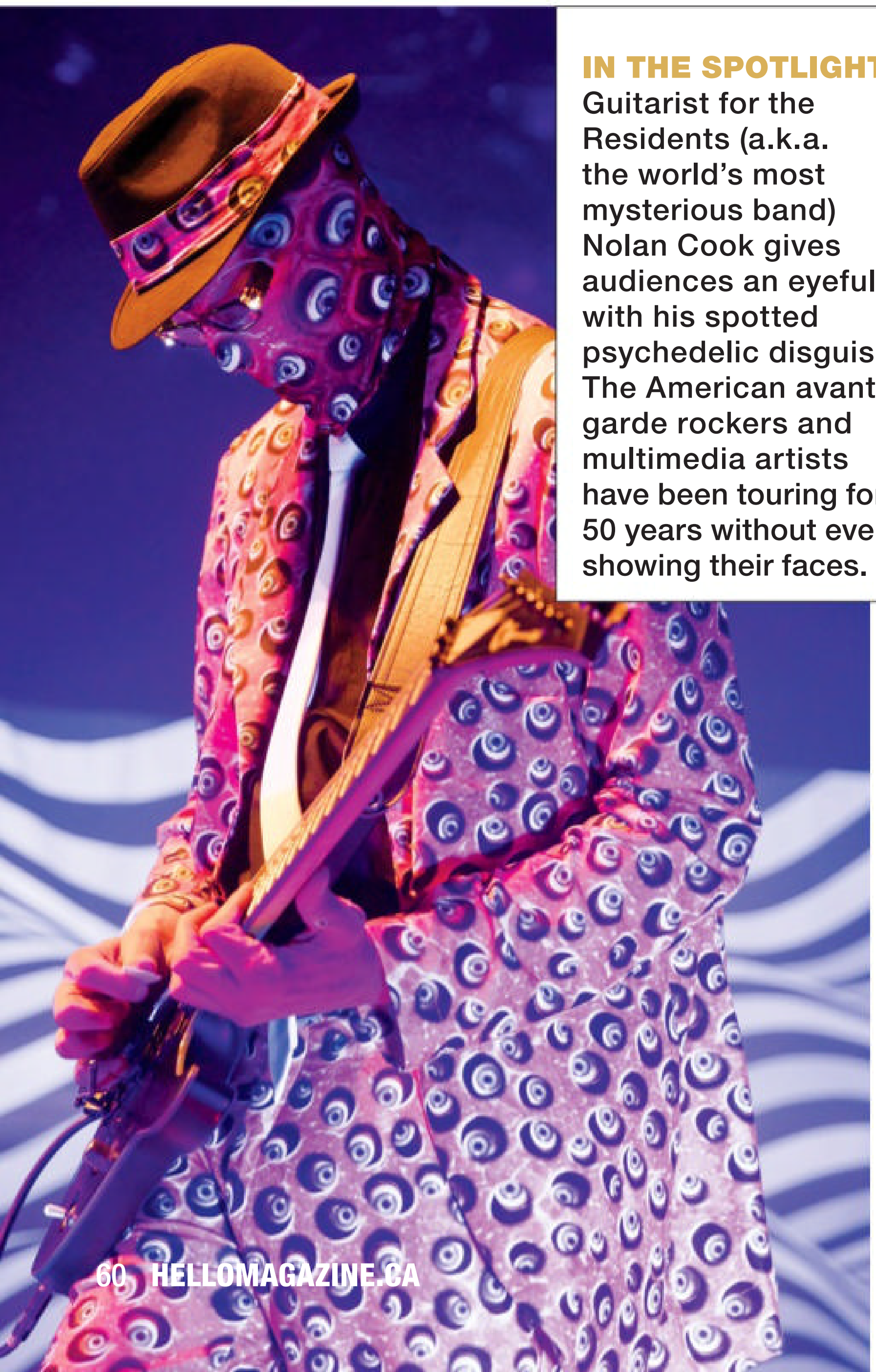
WORLD IN PICTURES

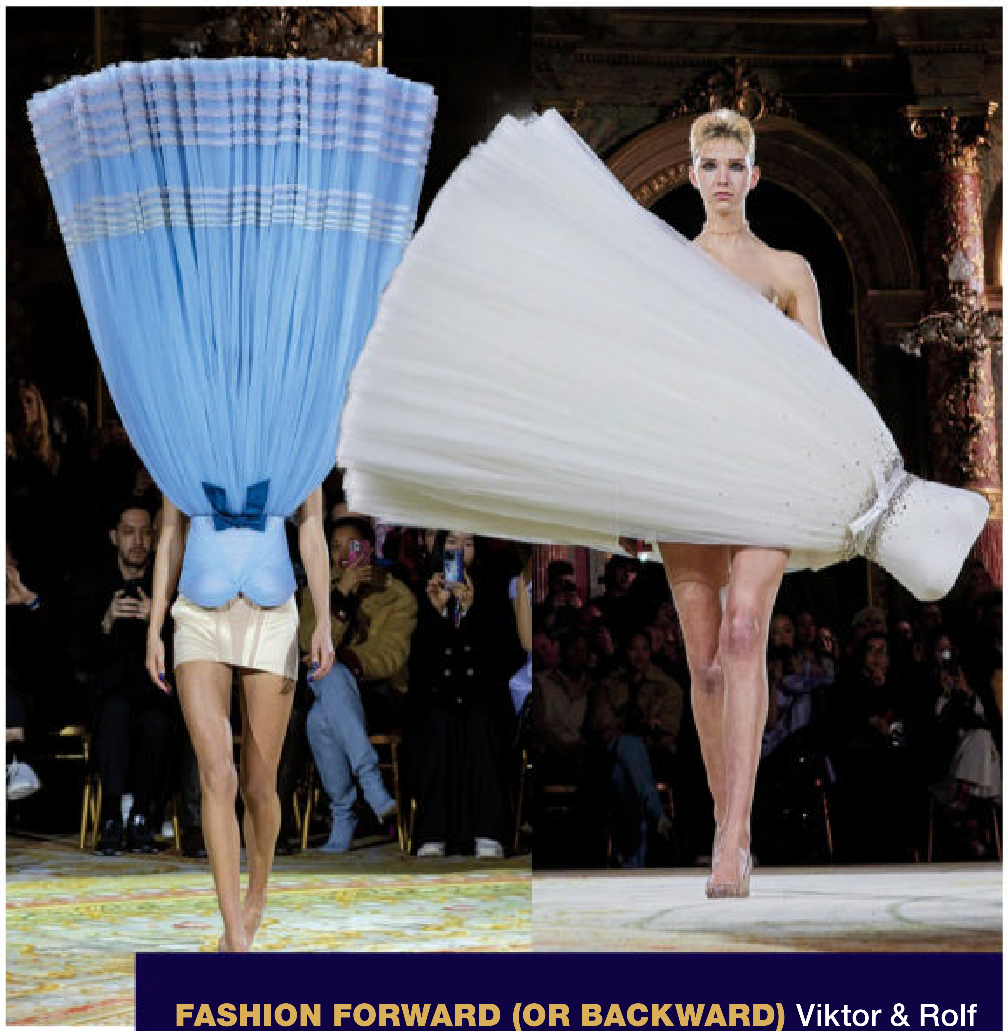
WEIRD AND WONDERFUL PHOTOS



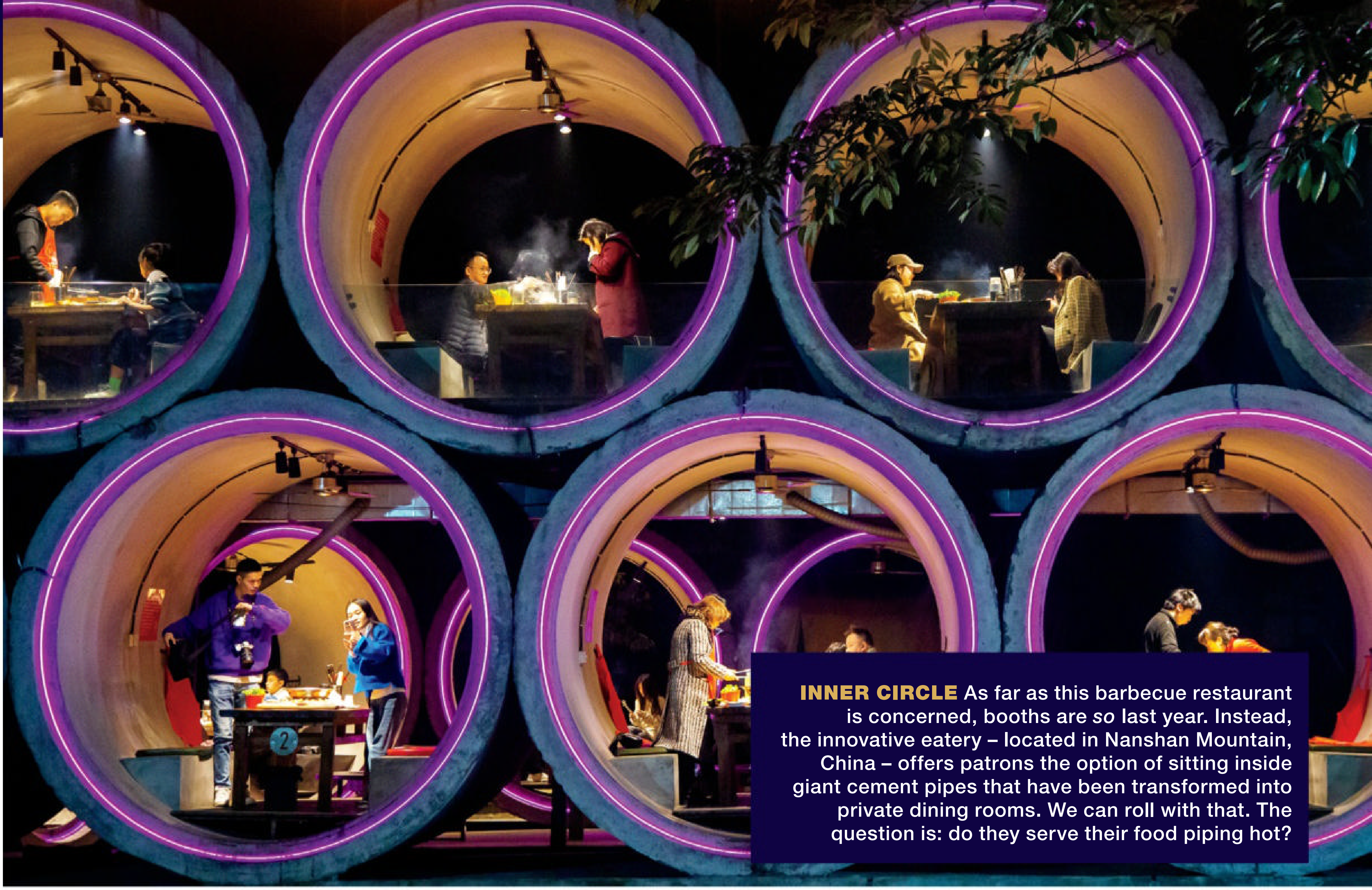
SNOW ANGLES Despite what its name might lead you to believe, Hohhot, China, is known for very long and cold winters, which makes this burgeoning Inner Mongolian capital the perfect place for an annual Ice and Snow Festival. Highlights include snowmobiles, ice slides and this giant ice maze. First one to the tree wins!



IN THE SPOTLIGHT Guitarist for the Residents (a.k.a. the world's most mysterious band) Nolan Cook gives audiences an eyeful with his spotted psychedelic disguise. The American avant-garde rockers and multimedia artists have been touring for 50 years without ever showing their faces.

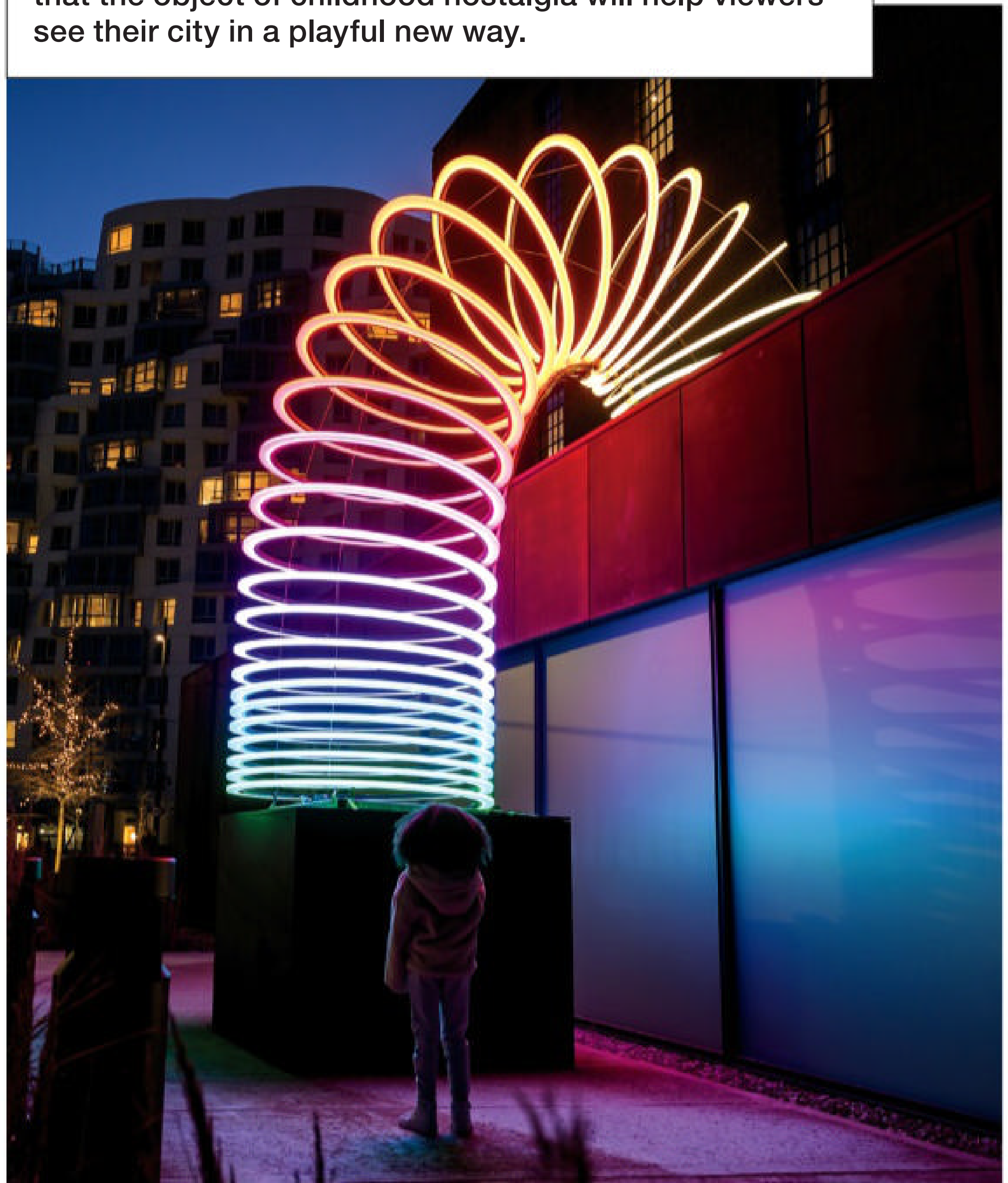


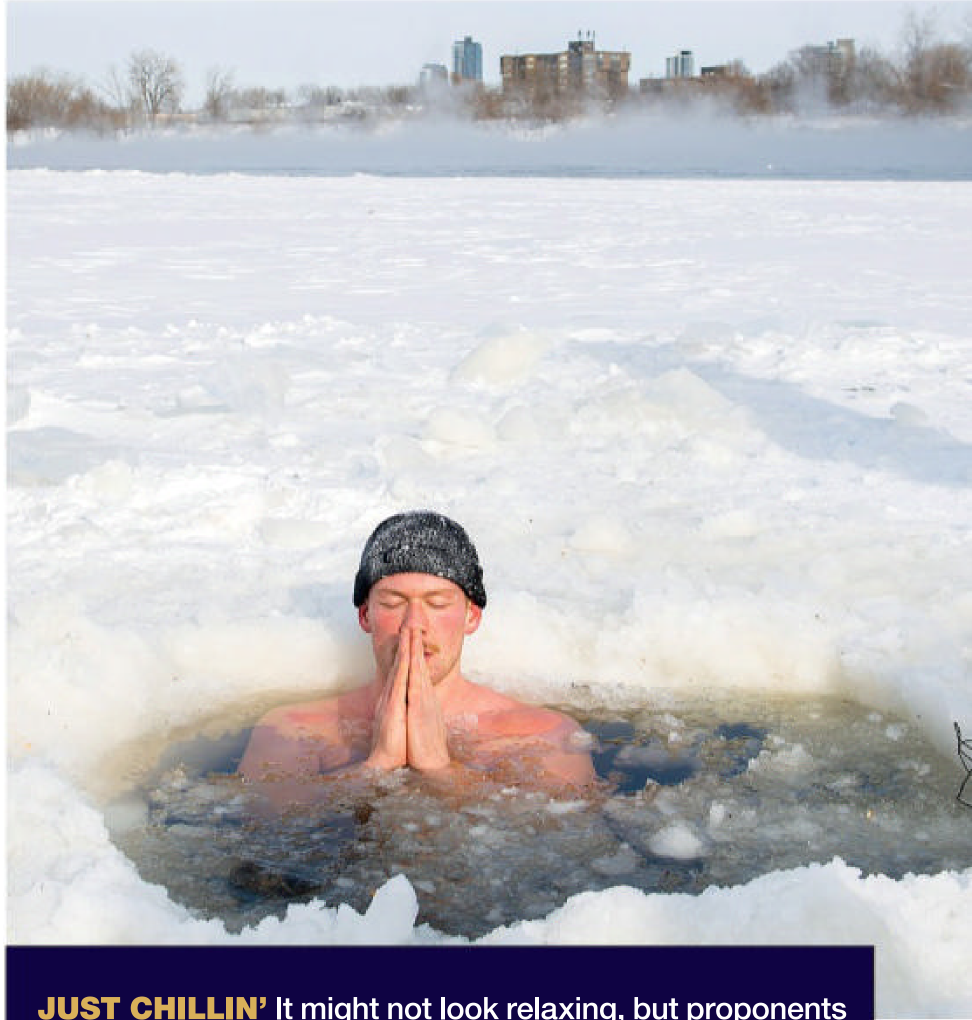
FASHION FORWARD (OR BACKWARD) Viktor & Rolf took runway style in a whole new direction at their Paris Fashion Week show. In a nod to the "golden days" of mid-20th-century haute couture, the luxury brand lit up the catwalk with models wearing sideways and upside-down gowns.



INNER CIRCLE As far as this barbecue restaurant is concerned, booths are *so* last year. Instead, the innovative eatery – located in Nanshan Mountain, China – offers patrons the option of sitting inside giant cement pipes that have been transformed into private dining rooms. We can roll with that. The question is: do they serve their food piping hot?

SPRING FEVER It's a wonderful toy, fun for a girl and a boy! The Slinky is back and hanging around London's Battersea Power Station. The artists behind *End Over End*, a giant rainbow-coil light installation, are hoping that the object of childhood nostalgia will help viewers see their city in a playful new way.





JUST CHILLIN' It might not look relaxing, but proponents of cold water therapy will tell you it has numerous benefits – from reducing inflammation and stress to boosting energy and the immune system. Montreal's George Dawson (seen taking a dip in the St. Lawrence river) is a fan – he's been ice plunging since 2018.

CLOCKWISE FROM TOP LEFT: WANG ZHENG/VCG/GETTY IMAGES; VCG; GRAHAM HUGHES/THE CANADIAN PRESS; LEON NEAL/GETTY IMAGES; PETER WHITE/GETTY IMAGES (2); FRANK HOENSCH/GETTY IMAGES

INTERNATIONAL WOMEN'S DAY SPECIAL

Hoda Kotb and Jenna Bush Hager share a tight bond both on-air and off (below, with their families). 'I feel like Jenna sees me, and I see her,' says Hoda, reflecting on their friendship.

Exclusive

TAKING QUEBEC CITY BY STORM

HODA AND JENNA

THE DYNAMIC DUO TALK FRIENDSHIP, TOBOGGAN RIDES AND THE SECRET TO RAISING STRONG GIRLS

Frigid Canadian temperatures can't keep *Today* co-hosts Hoda Kotb and Jenna Bush Hager down. While in Quebec City in February during the annual winter Carnival, the bubbly colleagues and pals were in their glory as they donned parkas and tuques to hit the slopes and eat like locals.

"We're girls who like extremes," a beaming Hoda, 58, told *Hello! Canada.* "We don't want first base, we want to swing for a homer on the coldest day of the year!"

Since Jenna, 41, joined Hoda in 2019 to co-host *Today*'s fourth hour, the pair have become besties who turn to each other for support and advice, especially when it comes to parenting. Jenna – who spent her formative years visiting and living in the White House when her late grandfather and father served as U.S. presidents – shares Mila, 9, Poppy, 7, and Hal, 3, with her husband, businessman Henry Chase Hager, 44, while Hoda is mom to Haley, 6, and Hope, 3 (she adopted them with her now-ex-fiancé, financier Joel Schiffman). And they're so in sync that they often finish each other's sentences and end up in fits of laughter.

"Hoda is joyful," enthuses Jenna. "She chooses to live life in this kind of sparkly, effervescent way. That's her choice. So I love that my choice is I get to sit next to somebody like that. It just makes life beautiful."

Ahead of International Women's Day, Hoda and Jenna open up to us about female empowerment, the magic of friendship and memories of their visit to Canada.

Welcome to Canada! What impressed you about Quebec City?
Jenna: It's a magical, old fairytale of a city. I think it's a combination of just the storybook feel of the place and how you feel embraced. When you step into it, there's something that makes you feel at home.

What kept you busy? We were outdoors all day! When it gets cold in New York City, everybody stays inside. So it's such a cool place that you can be outdoors and there's so much activity. We had a blast.
Hoda: We rode a toboggan! We dragged it up the hill, then put it down and they said it was going to go 40 miles an hour. They told us, "There are no strings, so just put your arms up!" I don't want to brag but…
Jenna: …She won.

Let's talk about your friendship. How has it helped each of you, on- and off-camera? Without it, we probably wouldn't be able to

CLOCKWISE FROM TOP LEFT: NATHAN CONGLETON/NBCU/GETTY IMAGES; NBC UNIVERSAL (2); HODA KOTB INSTAGRAM; JENNA BUSH HAGER INSTAGRAM

> 'We're girls who like extremes. We want to swing for a homer on the coldest day of the year!'
> – *HODA*

do the show the way that we do. Not only do we have so much fun doing it but also we're really good pals. And we're in the same stage of life. We're interested in a lot of the same things. It makes life really joyful to get to be with somebody that you want to see every single day.

Hoda: I can tell Jenna my secrets, and I feel totally safe and complete. I feel like she sees me, and I see her. And she's hilarious!

What's the nicest thing each of you has done for the other?

Hoda: I was trying to adopt a second child and, subsequently, Jenna found out she was pregnant… [*Looks at Jenna*]

Jenna: You're going to make me cry.

Hoda: You came into my room and said to me, "I have to tell you something, but I feel bad." And I said, "Why?" And you go, "I'm pregnant." And I go, "Oh my God, you're pregnant!" And you go, "But you want a baby." I was sobbing. That window of kindness, someone who was thinking more about how I might feel some pain – which I didn't, by the way – as opposed to her joy. I thought, in that moment, "This is a selfless person." I never forgot it.

Jenna, what has Hoda done for you? A million beautiful things. Every day. It's listening to me when I need somebody. It's asking me how my day is and about my children. I've noticed honesty and transparency. That's the best gift you can give a friend.

How are you teaching your daughters to become strong, successful women? They're watching us, so I try to be careful about the way I speak about myself, or to myself, or to others about myself. I let them have real conversations with me. Right now, they may be the most confident things in the world, but of course the world will try to break them. So I want to be that cheerleader – the person who tells them that they can do anything.

Hoda: To raise strong women, you've got to be strong and confident yourself. You have to feel it inside, not just pretend. You don't speak poorly of your body or your hair…

Jenna: …Or your outfit or your looks.

Hoda: Right. Those kinds of things are not on the table.

Who inspires you?

Jenna: Everyone! There's inspiration everywhere you look. My kids inspire me. I know that's a strange answer, but looking at life as joyfully and optimistically as they do is something I'm wanting to do more of this year.

Hoda: I've been doing this podcast. I interviewed Rosie Perez and I wept. I interviewed Shania Twain and I didn't know that she didn't have enough food in her house to have a lunch to go to school with… The more people I interview – especially people who've been through the meat grinder and here they stand strong – it blows me away.

The *Today* co-hosts enjoy some winter fun before filming their show live in historic Quebec City. Says Jenna, 'It's a magical, old fairytale of a city with a storybook feel.'

Who's on your interview bucket list? I just heard Kate [the Princess of Wales] give a speech and realized that you rarely hear her speak, so she would be someone who'd be interesting.

Tell us about favourite royal encounters. I interviewed Prince Harry [at the 2022 Invictus Games] about his life and his family. It gave him a place to talk about whatever he felt he wanted to speak about. He seemed really open and honest about his feelings and thoughts, about how he felt about the Queen and all those things.

Jenna: I spent time with now-King Charles and the Queen Consort when they came to Washington, D.C. [in 2005], which was really fun. They're very interesting people, both very interested in education. At the time, I was a teacher, so we just had interesting conversations around education.

If you weren't working at *Today*, what would be your dream job? I would probably be in education, a teacher. I feel like it's the most dynamic job there is. I taught third, fifth and sixth grades, but I do love third graders.

Hoda: I think I would run a summer camp for girls. And also have a really cool women's empowerment campus where women could come for long weekends and get confidence and skills and all those kinds of things in a beautiful setting, where there could be young kids and women, too. Girl power!

INTERVIEW: SUZANNE WINTROB

130 million

girls worldwide are not in school

54% of these girls
live in crisis-affected countries

When a child loses everything, SOS Children's Villages is there to offer care and protection.

With our long-term, local presence in +130 countries, we protect children's rights and provide them with food, shelter, clothing, education and health care, but most of all, hope and a family.

Let's give her everything she needs.

SOS CHILDREN'S
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CANADA

soschildrensvillages.ca

STYLE

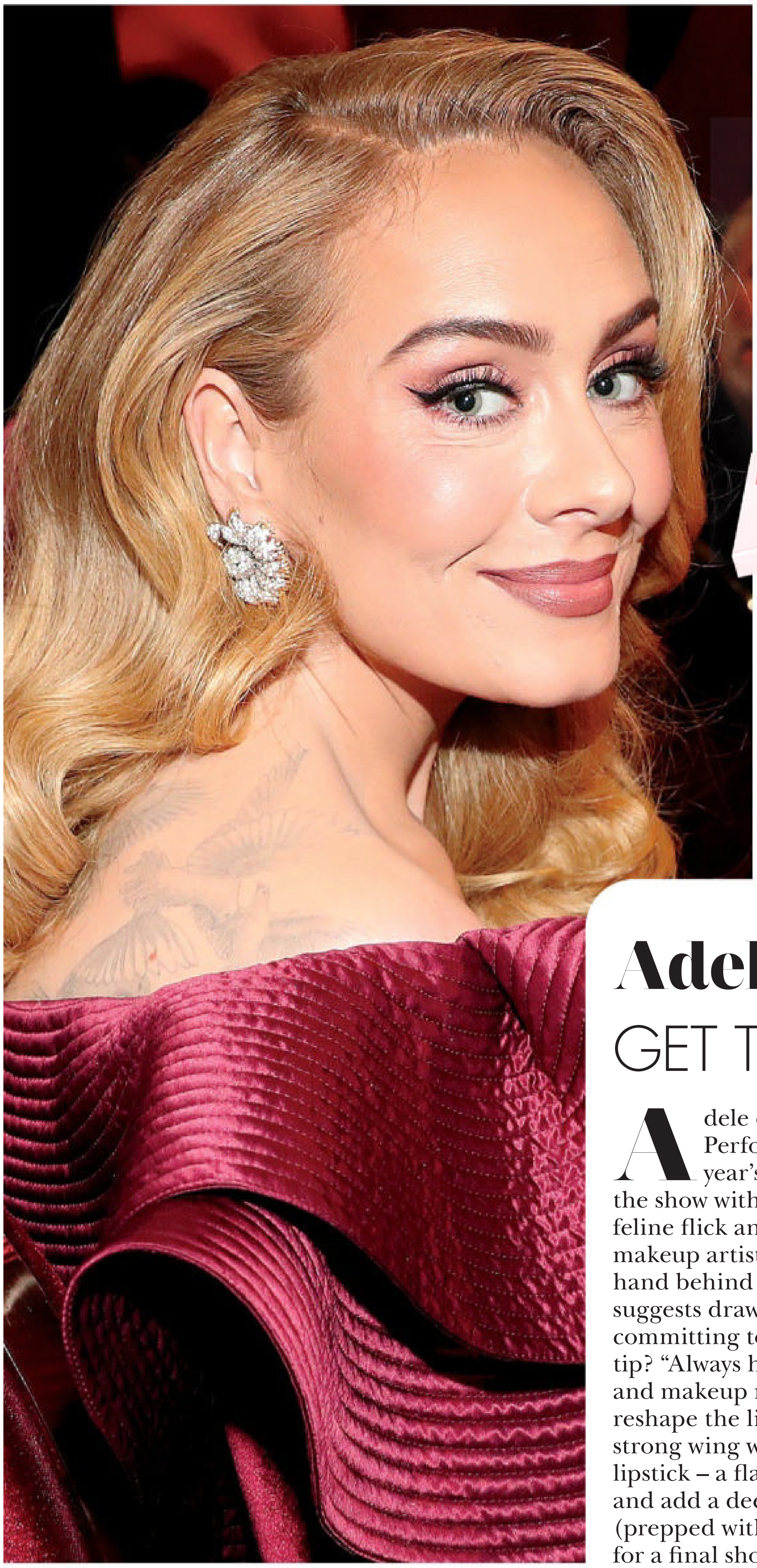
FASHION | BEAUTY | HOME

Estée Lauder Pure Color Creme Lipstick in 818 Covetable, $46, *esteelauder.ca*

Pupa Milano Eyebrow Liner in Dark Brown, $26, *pupamilano.ca*

JVN Embody Volumizing Foam, $38, *sephora.ca*

L'Oréal Paris Color Radiance 8 Second Wonder Water, $17, *shoppersdrugmart.ca*



JOHNNY NUNEZ/GETTY IMAGES

NYX Professional Makeup Vivid Matte Liquid Liner in Black, $13, *nyxcosmetics.ca*

Nars Orgasm Rising Eyeshadow Palette, $64, *thebay.com*

Adele

GET THE LOOK

Adele didn't just win Best Pop Solo Performance for "Easy on Me" at this year's Grammys; the singer, 34, also stole the show with her classic beauty look: a retro feline flick and Old Hollywood waves. Celebrity makeup artist Anthony H. Nguyen – the steady hand behind Adele's signature eyeliner – suggests drawing with a smudgy pencil before committing to less-forgiving liquid. His other tip? "Always have thin and pointed cotton buds and makeup remover handy to clean up or reshape the liner," he told *Vogue*. Balance the strong wing with defined brows and rose-nude lipstick – a flattering hue for many skin tones – and add a deep side part and shiny waves (prepped with volumizing mousse for oomph) for a final show-stopping touch. H

TIME MACHINES

Jennifer Lopez

Jenna Dewan

Looking for that red-carpet glow? Take a page from the stars who swear by injection-free devices to clear blemishes, tighten skin and turn back the clock **By Andrea Karr**

I have never done Botox or any injectables or surgery!" Jennifer Lopez, 53, wrote on Instagram in 2021. And she continues to stand by that statement. J.Lo just has that glow.

As for the rest of us? The road to a radiant complexion really doesn't have to involve fillers or invasive approaches when there are technologies such as laser and ultrasound at hand.

Here, just a few beauty-boosting alternatives that celebrities are turning to when they want to avoid the needle.

FOR TIGHTENING

EMFACE

Available in Canada since November, Emface ushers in a new era of pain-free, zero-downtime cosmetic procedures that target both skin and muscle. "As we age, the muscles decrease in size and resting tone, particularly in the forehead and cheeks," notes Dr. Trevor Born, cosmetic plastic surgeon at TMB Cosmetic Surgery in Toronto. To improve skin quality and regenerate muscle fibres, Emface uses both radio frequency and high-intensity facial electrical stimulation (HIFES) technology. "The muscle tone increases by about 30 per cent," says Dr. Born, while wrinkles decrease by around 37 per cent.

Notables such as Jessica Simpson and Jenna Dewan, both 42, have jumped on board to promote Emface, and they're in the ideal age range to see its benefits. "We want to treat people in their 30s and 40s," says Dr. Born, as subjects with noticeably sagging skin probably won't see much of a difference.

Pain level Very low (it feels hot and prickly)
Length of treatment 20 minutes
Downtime None
Time to see results Two to three months
Cost $5,000 for four treatments spaced a week apart; $750 per subsequent treatment

VICHY
V
LIFTACTIV
RETINOL SPECIALIST
SERUM

Vichy LiftActiv Pure Retinol Serum, *$67, vichy.ca*

AT HOME

Perfect for sensitive skin, this light serum contains 0.2 per cent retinol to reduce the look of wrinkles and one per cent probiotic fractions to strengthen the skin barrier.

FOR BRIGHTENING

MOXI + BBL

Kim Kardashian

Kim Kardashian, 42, famously quipped, "If you told me that I literally had to eat poop every single day and I would look younger, I might." One of her go-tos is a combination of BroadBand Light (BBL) and a laser called Moxi. "Moxi is for people who want to get rid of fine lines, improve their complexion and reduce pigment, but the pigment that's treated occurs deeper," says Dr. Thomas Buonassisi, facial plastic surgeon at 8 West Cosmetic Surgery & Skin Clinic in Vancouver. "BBL gets at some of the superficial pigment."

The only issue with booking a dual treatment is that you have to be a candidate for both technologies. Moxi is safe for all skin tones, but BBL is limited. "You shouldn't use it on darker skin types or tans," says Dr. Buonassisi. "You also have to be more cautious of sun exposure and medications that photosensitize the skin."

Pain level Moderate (numbing is required)
Length of treatment 90 minutes
Downtime Two or three days (you may see MENDs, which are small dark spots that feel rough)
Time to see results One week
Cost $1,100 for one combination treatment

Radford
LED SILICONE FACIAL MASK

Light The LED Mask $375, radfordbeauty.com

AT HOME

With four different types of light designed to reduce redness, pigment and acne, the new Light The LED Mask from Radford is a must-have – and you can wear it while watching TV!

FOR LIFTING

ULTHERAPY

Paulina Porizkova

Angela Bassett

At 57, supermodel Paulina Porizkova looks gorgeous – and she refuses to gatekeep the beauty tricks behind her flawless face. "I've done Ultherapy," she told *Page Six*. "Everything I do is non-invasive, and it's incredibly subtle."

Jennifer Aniston, 54, and Angela Bassett, 64, are also fans of the ultrasound treatment that heats the skin to combat sagging, particularly around the jowls. "When your skin gets to an optimal temperature of 40 degrees, good things start to happen," says Kay Abarra, a cosmetic nurse at The Clinica in Toronto. "Any time you add trauma to the face through heat, collagen gets a kick-start. You look fresher, but people don't know exactly what you did."

ADIPEAU
ACTIVE FACE CREAM
Daily Nutrition for High-Performing Skin
50 ml / 1.76 fl. oz.

Adipeau Active Face Cream, $120, loshen.ca

Pain level High (you'll need numbing cream and a pain reliever)
Length of treatment 90 minutes
Downtime You may experience redness and swelling that lasts a day or two
Time to see results Three months
Cost $1,600 for one face treatment

AT HOME

Designed to combat the volume loss that causes sagging, Adipeau uses black ginger and safflower oil to lift, tighten and plump. Paint it on like a mask and give it time to sink in.

Keke Palmer

Emma Stone

FOR ACNE CLEARING

AVICLEAR

What do Keke Palmer, 29, and Emma Stone, 34, have in common besides their acting chops? They've both used Accutane, a super-drying medication, to treat cystic acne. But the drug could be a thing of the past thanks to AviClear, the first and only FDA- and Health Canada-approved energy device for treating acne.

"The laser targets the oil glands in the skin and basically destroys them – like Accutane but by a different mechanism," says Dr. Tatyana Hamilton, dermatologist at Hamilton Cosmetic Dermatology in Victoria, B.C., who brought the first machine to Canada in September. "It's a potential game changer for people with acne, which is 80 per cent of the population," and is suitable for mild to severe blemishes and all skin tones.

Pain level Low (no numbing cream necessary)
Length of treatment 25 to 30 minutes
Downtime None (but you may experience a "purge," where your skin looks worse before it gets better)
Time to see results Six to nine months
Cost $3,800 for three face treatments spaced four weeks apart

AT HOME

If you wake up with a few pesky pimples, cover them with acne dots! The patches are barely visible on the skin and work throughout the day to reduce redness and unclog pores. H

PEACE OUT
ACNE DAY DOT
TIMBRE DE JOUR CONTRE L'ACNÉ

Peace Out Acne Day Dot, $25 for 20, sephora.ca

CLOCKWISE FROM LEFT: AXELLE/BAUER-GRIFFIN/GETTY IMAGES; DR GHAVAMI INSTAGRAM; FRAZER HARRISON/GETTY IMAGES; DR GHAVAMI INSTAGRAM; KEVIN MAZUR/GETTY IMAGES; DIA DIPASUPIL/GETTY IMAGES; CINDY ORD/GETTY IMAGES; JAMIE MCCARTHY/GETTY IMAGES; MATT WINKELMEYER/GETTY IMAGES

INTERNATIONAL
SPECIAL
WOMEN'S DAY

LEADING LIGHTS

Hello! celebrates six game-changing female stars in fashion, fitness, music and more **By Andrea Karr and Kaysey Davis**

THE ARTISAN ACTIVIST

Aurora James FOUNDER OF BROTHER VELLIES AND THE FIFTEEN PERCENT PLEDGE

One of the enduring strengths of Canadian culture is the pride we take in homegrown success stories – and Aurora James is one woman we're honoured to call our own. Based in New York City but raised in Toronto, the 38-year-old entrepreneur is the founder and creative director of luxury fashion brand Brother Vellies, a line of artisan-made accessories with celebrity fans like Beyoncé, Rihanna and Lady Gaga. She's won numerous accolades for her work, including a British Fashion Award and a spot on the *Time* 100 list of influential people.

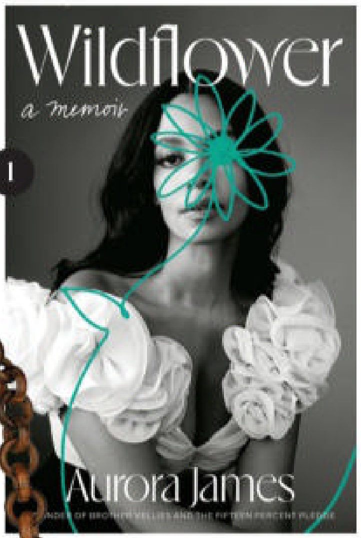
But her non-profit organization is, arguably, her most important venture yet. In the summer of 2020, she started the Fifteen Percent Pledge, which encourages companies to redirect 15 per cent of their spending to Black-owned brands. It was partly inspired by her experience working in Canadian television, where broadcasters are required to play a percentage of Canadian content. But she was ultimately driven to action after the murder of George Floyd, which highlighted inequity in Black America and ignited a flood of social activism.

Taking to Instagram, Aurora tagged major retailers, from Saks Fifth Avenue to Walmart, challenging them to make a long-lasting commitment toward representation. "[Black people] represent 15 per cent of the population," she wrote in her post. "We need to represent 15 per cent of your shelf space."

Now, almost three years later, 29 companies have made the pledge, including Hudson's Bay, which launched Shp_Blk, a permanent collection of Black-owned goods, last month. "[The Bay is] the oldest retailer in North America," she says. "I think it meant a lot to Canadians to have them sign on."

Though she already has a lifetime of accomplishments under her belt, Aurora is looking to the future. Aside from the release of her memoir, *Wildflower*, in May, she wants to pay it forward in her new role as vice-chair of the Council of Fashion Designers of America. "Being in that role is a big accomplishment," she tells us, "because it's going to, hopefully, allow me to support the next crop of young designers."

Aurora's Top Picks



1. *Wildflower: A Memoir* by Aurora James, $37, *amazon.ca*
2. Burkina Bucket Bag in Checkers, $1,495, *brothervellies.com*
3. Israella Kobla Iman Strapless Ankle Dress in Black, $546, *thebay.com*

THE LONGEVITY GURU

Miranda Esmonde-White

CREATOR OF ESSENTRICS

Miranda Esmonde-White's promising dance career was cut short when she broke her foot at age 21, but she didn't let that slow her down. The former ballerina pivoted, opening her own fitness studio in Montreal and creating Essentrics, a now-famous stretching and workout program designed to improve mobility, strengthen muscles and minimize pain.

"One of the criteria I had from the very beginning was to prevent injury," she says of her approach, which was featured on the long-running PBS series *Classical Stretch*. "I knew that most fitness programs cause injury and that injuries are what make us age. You have an injury and then you can't exercise, so you get older."

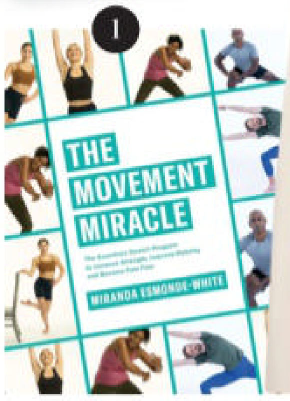
More than two decades after its launch, the gentle fitness program is used by people from all walks of life. "Kids do it," says Miranda, 73. "The Montreal Canadiens hockey team does it. And actress Sarah Gadon [*Alias Grace*] is doing a special program I created for her to release tension at the end of her performances."

Every day, Miranda's office receives emails about the healing power of Essentrics and she reads them all, citing these words of thanks as her proudest achievement. "Often, we're sitting in the office crying because of the life-changing effects that this program has on people," she says. "When you see people who have gone from no hope at all to a vibrant, full life, it's so exciting."

The author of several wellness books – including *Aging Backwards* and *Forever Painless* – has another coming out this month. Her latest fitness manual, *The Movement Miracle*, is filled with exercises that you can do at home.

"I wanted a book for everybody," Miranda tells *Hello!* "It's for every single person to feel good at every stage of life. You can only do that by being pain-free and fully mobile."

Miranda's Top Picks



3
B
SKIN SÄVVI
L'EXTRAIT PEONI

1. *The Movement Miracle* by Miranda Esmonde-White, $40, *penguinrandomhouse.ca* **2. Long Jacket Asymmetrical Button in Vanilla**, $665, *irissetlakwe.com* **3. JB Skin Sävvi L'Extrait Peoni**, $225, *jbskinsavvi.com*

THE HEALING VOICE

Jayli Wolf SINGER-SONGWRITER, ACTRESS AND FILMMAKER

Some of Jayli Wolf's earliest memories involve making a drum set out of sticks and plastic plates and dancing to '50s and '60s music that was playing on her grandmother's TV. But it wasn't until she broke free of her Jehovah's Witness upbringing in Creston, B.C., and moved to Toronto that she was ready to put her music out in the world.

"I started writing these songs to heal myself, to discover," says Jayli, 31, who didn't find out until she was eight that she was of Indigenous descent. "It felt incredibly cathartic to write from such a raw place."

She made her solo debut in 2021 with "Child of the Government" – a song inspired by her father, who was a survivor of the Sixties Scoop (in which children of Indigenous families were "scooped" up and placed in white foster homes). The response was overwhelming, with the video gaining over one million views on YouTube and winning a prize at the Venice Short Film Awards. Though that song gained the most traction, it was another piece, "Bleed Like Us," that was Jayli's favourite to write. "I was stepping into my power, releasing fear of the past," she says. "I think that song set the tone."

Her first EP, *Wild Whisper*, which features both songs, nabbed her a 2022 Juno nomination for Contemporary Indigenous Artist of the Year and inspired many others to share their stories. "I always hoped that as I worked to heal through art, I could encourage others to do the same," she says. "It was wonderful to be part of a community conversation in that way."

Since then, highlights have included using her social media following to advocate for Indigenous people and being introduced at an event by Buffy Sainte-Marie. "It felt surreal," recalls Jayli. "I've looked up to her my whole life."

Poised to release new music in the spring, she's finding fresh wells of inspiration. "I think it's important to get quiet, to listen to what's going on in the heart," she says. "Inspiration is literally everywhere when you let it be." ▶

Jayli's Top Picks

1. *Wild Whisper* by Jayli Wolf, *spotify.com* **2. Dibiki-Giizis (Moon) Pillow in Natural/ Black**, $98, *indigoarrows.ca* **3. Octopus Qqs in Coral**, $54, *coppercanoewoman.com*

FROM LEFT: JAMIE MCCARTHY/GETTY IMAGES; LESLIE WOODS; NO CREDIT

THE RISING STYLE STAR

Dorian Who FASHION DESIGNER

Born and raised in the Iranian capital of Tehran, Dorian Who studied fashion in Istanbul before moving to Toronto, where she launched her eponymous label in 2019.

Last year, the 33-year-old designer was at work on her latest collection when she was blindsided by the horrific news of Mahsa Amini dying in custody three days after being arrested by Iran's morality police for allegedly wearing her hijab improperly.

The tragedy sparked protests around the world – and a creative response from Dorian. Devastated, she found herself scrawling words on the sleeves of a blazer. "I started to write all these hashtags, like #WomanLifeFreedom, that we were using to raise awareness," she says. "I wrote the names, too, of everyone I wanted to keep alive through these messages."

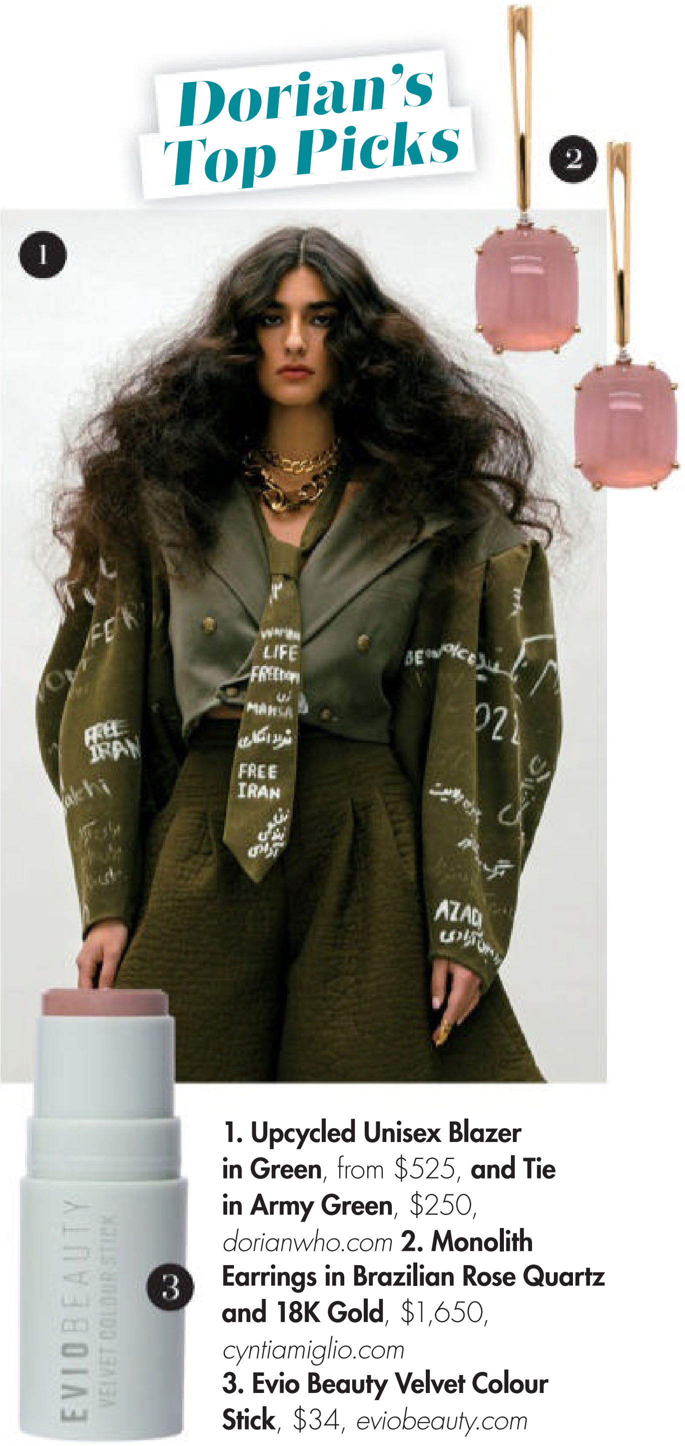
The blazer became the first piece of her Noor collection: a mix of varsity jackets, wide-legged trousers and oversized coats, many with prints inspired by Persian rugs. Released last month, it shows solidarity with oppressed communities and was designed for "a warrior," Dorian tells us. "She's fighting for her freedom. She's fighting along with men, because men are also part of this movement. They're helping women go through it."

Though the collection was produced at a time when she was feeling emotionally drained, Dorian is heartened by all the positive feedback it's received. The rising star, who earned a Canadian Arts & Fashion Awards nomination last year, has more than 50,000 followers on Instagram – a platform she uses to draw attention to Iran's ongoing human-rights violations.

"I worked really hard to get where I am," she says. "I'm proud that I didn't give up on this journey. It hasn't been easy."

Her advice to others trying to find their place in the world? Keep criticism in perspective – "don't let feedback ruin your whole essence."

Dorian's Top Picks

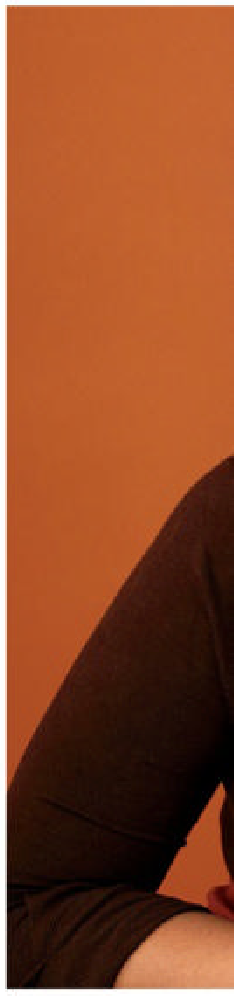


1. Upcycled Unisex Blazer in Green, from $525, **and Tie in Army Green**, $250, *dorianwho.com* **2. Monolith Earrings in Brazilian Rose Quartz and 18K Gold**, $1,650, *cyntiamiglio.com* **3. Evio Beauty Velvet Colour Stick**, $34, *eviobeauty.com*

THE AROMA ARTIST

Sagal Ali

FOUNDER OF BRWN COLLECTIVE



Though she's been making candles for nearly a decade, Sagal Ali, 39, saw a unique opportunity when the pandemic hit. "Because people were spending a lot more time at home, it was a perfect time to launch," she says of her Toronto-based candle brand, Brwn Collective. She started by releasing six candles, each named after a woman in her life as a tribute to all the unique places they come from. "Representation is very important to us," she tells *Hello!* "It's been amazing watching people find candles with their names on them, especially if it's not a common name in Canada."

The Nora candle, with clean, woodsy notes like birchwood, wild cypress and fig, became an instant hit. Another limited-edition candle, Resilient, which features oud, rose and saffron, triggered scent memories for one customer. "She said it reminded her of attending weddings when her family lived in the Middle East," Sagal recalls proudly.

Her personal favourite, though, is the Fatima. "It has notes of wild mint, basil and eucalyptus," she says. "It's fresh, dewy and perfect for spring."

Every candle is hand-poured in Canada, using materials that Sagal sources as locally as possible. "Small businesses are really struggling right now, so if I can support a fellow business by

FROM LEFT: RENATA KAVEH (2); NO CREDIT; ISTIANA BESTARI

Sagal's Top Picks

1. Yolande Candle, $55, *brwncollective.ca* **2. Frizz + Co Repairing Hair Mask**, $59, *frizzhair.co* **3. Engraved Vase**, $42, *etsy.com/inkscrpt*

buying Canadian, I always will," she says. They're carried in select Indigo stores across the country – a career highlight for Sagal. "Indigo is Canada's largest retailer of candles, so I was incredibly proud to have them carry mine," she says. "Candles are experiential, so it's best if you can pick one up and smell it."

With spring on the horizon, Sagal is already working on her next range of candles, plus room and linen sprays, but she has to remind herself to press pause occasionally. Her advice to budding entrepreneurs? "Give it your all, but always take the time to recharge and recover, too."

THE BOSS BABE

Lulu Liang

CEO OF GIRLBOSS

Today, Lulu Liang is the CEO of Girlboss, a daily newsletter, podcast and community of millions of women looking to get the most out of work and life. But that's just the latest entry on this 30-year-old's impressive resumé, which includes co-founder of Evergreen Journals (with her best friend, Allie Mastoras) and CEO of Luxy Hair (named one of the Top 50 Best Workplaces in Canada during Lulu's tenure).

Reflecting on her monumental success at such a young age, Lulu concedes, "There are some 'traditional' accomplishments I'm proud of, like being recognized by Forbes 30 Under 30 and growing a company from a seven- to nine-figure valuation with a successful exit."

But she's also appreciative of the lifestyle she's been able to create for herself. Though Lulu grew up in Toronto (after moving from China at age seven), she works remotely, dividing her time between Lisbon, Portugal, and Tulum, Mexico. Her ability to craft a life that meets her personal goals – with "the freedom to design my day" – is an inspiration that aligns perfectly with her intentions for Girlboss.

"Our mission is to help women achieve success on their own terms – from being an executive at a Fortune 500 company to running a freelance business with a great work-life balance," she tells *Hello!* "Few things are more important than elevating women in leadership right now."

If anyone was born to usher the next generation of "girlbosses" into the future, it's Lulu. "To me, the term 'girlboss' means a woman who is unapologetically herself and goes after what she wants," she says. And she has some advice for young women looking to find their professional footing: find a boss you love to work with. "Your direct manager will be your biggest advocate in your career at a big corporation," she says. "Figure out how you can make their lives easier. Practise effective communication, and be solution oriented." H

Lulu's Top Picks

1
2
3
HABIT JOURNAL

1. Habit Journal, $38, *evergreenjournals.com* **2. The Tote in Navy**, $200, *samarabags.com* **3. Lace Leakproof Bikini in Rosewater**, $32, *knix.ca*

Repotting is best done in spring, when your plant is actively growing

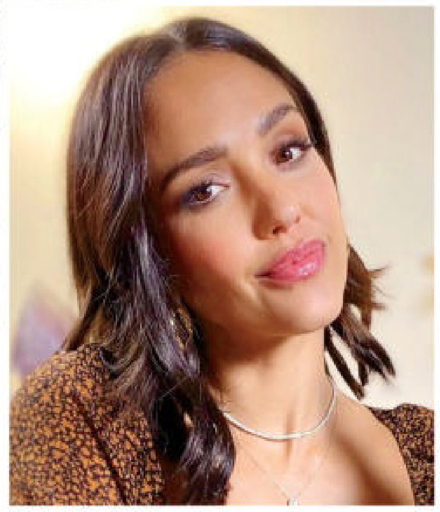
URBAN

Give the greenery in your home a refresh just in time for spring **By Kaysey Davis**

Using nature as décor inspo is a perennial trend. Natural materials like wood and stone add warmth and texture to interiors, while plants bring the outside in, literally breathing fresh air into our living spaces.

But during the pandemic, there was a plant surge like never before, with many of us – including A-listers like Jessica Alba and Tracee Ellis Ross – accumulating greenery at a rapid pace. Emily Wight, who launched her online plant shop, Foli, weeks before the March 2020 lockdown, says the collective urge to become plant parents at a time of upheaval was no coincidence. "Plants bring a living element to any space and give us purpose," she says. "Aside from the esthetic benefits of how plants style our spaces, they also boost our mood, enhance creativity and offer a hobby that grows in front of us."

Whether you've had a plant collection for years or are just getting started, there's no better time to put your green thumb to work.



'I've always loved the way plants and flowers effortlessly spread joy and brighten up a space' – *JESSICA ALBA*

TAKE IT EASY

With their range of colours, shapes and sizes, plants act like living art in your home. But unlike other decorative items, they require a little more TLC. If you're a new plant parent, start with something that's low maintenance.

"The ZZ plant is the easiest to care for and always looks beautiful," says Emily. "It's the gateway plant because it's easy, vibrant and forgiving." The jade plant, which acts a lot like a succulent (read: less demanding), is also great for beginners and is said to bring good luck.

Another option is the monstera. "It's the jungle queen, but it's so easy to care for and propagate."

Luke ZZ Plant, $24, *plantsome.ca*

Medium Monstera in Eco Ribbed Pot in Pink, $65, *foli.ca*

Cactus Duo in Terrazzo Pot in Speckled White, $50, *foli.ca*

JUNGLE

Kaa Snake Plant, $39, *plantsome.ca*

Planter in Gold, from $100, *zarahome.com*

Medium Pothos in Eco Ribbed Pot in Pink, $65, *foli.ca*

Grouping plants together increases humidity and makes plant care easier

Buskbo Plant Stand in Rattan, $70, *ikea.com/ca*

STYLE TO WOW

When it comes to decorating your home, it's important to choose the right plants, pots and placement. Large floor plants like bird of paradise are instant showstoppers, while vining houseplants, such as philodendrons and pothos, elevate a space when styled in a hanging basket or trailing down a shelf.

When it comes to planters, it's all in the details. Look for pottery in different shapes and textures. Neutral tones are the most versatile, while mood-boosting shades like pink add a pop of drama.

As for placement, choose unique spots to create wow moments. "We've styled a large sprawling monstera on a kitchen island and on a bench in a foyer," says Emily. "It can create an intimate feel in an open room or with a grand piece like an oversized island."

Tracee Ellis Ross

Plant Pot with Bubbles in Powder Pink, $35, *hm.com*

Large Bird of Paradise in Eco Ribbed Pot in Soft White, $225, *foli.ca*

Tabletop Arch Pedestal Planter in Black, $30, *indigo.ca*

OWN THE LIGHT

Plants use energy from the sun to produce their own food, which means lighting is everything. "To find the best placement for each pot, take note of your space on a sunny day," says Emily. "Walk around and see where the light pools," and optimize sunny areas with shelves and plant stands. They'll provide more space to group greenery together and give plants better access to sunshine if they're short.

If you don't have a lot of sun in your space, opt for plants that can thrive in low light, such as snake plants, pothos and rubber trees. "Find the right threshold for a plant by putting it in the sunniest spot you've got," says Emily. "Then slowly, over time, move it farther away from that sunny spot. This will help you find out how far you can bring a plant into your dark space before it starts to struggle."

FROM LEFT: TOM WERNER/GETTY IMAGES; JESSICA ALBA INSTAGRAM; TRACEE ELLIS ROSS INSTAGRAM

The Care Necessities

Help your plants thrive with these helpful tips and tricks

Grow Getter

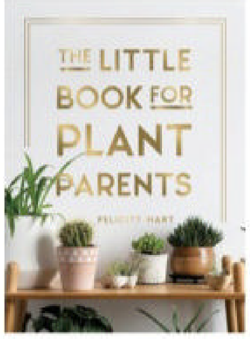
"Healthy, nutrient-dense soil will produce a strong and healthy plant," says Emily, noting that fertilizer offers an extra boost. Every two weeks, simply add a litre of water to two pumps of Fuliage plant food – which is derived from Canadian kelp – and watch things grow.

Organic Liquid Plant Food, $35, *fuliage.com*

Thirst Class

If "water the plants" is on your to-do list, why not pick up a watering can that doubles as décor? The circular handle on this design gives it a modern shape and makes it easy to reach the plants on your highest shelf.

Quench Watering Can in Stainless Steel, $60, *ca.umbra.com*



Green Book

Emily's best tip for plant care? Test the soil. "Get your hands dirty," she says. "It will tell you so much about your plant." And if you still have questions, cultivate your green thumb with a little plant-themed literature. From plant profiles to styling inspiration, *The Little Book for Plant Parents* is filled with info for beginners.

***The Little Book for Plant Parents* by Felicity Hart**, $13, *indigo.ca* H

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OSCAR SPECIAL

Snack like the stars

Whip up the dishes that celebrity chef Wolfgang Puck will be serving at this year's Governors Ball. Plus, signature Oscar cocktails!

PIZZA WITH SMOKED SALMON & CAVIAR

Makes **one 8-inch pizza**

INGREDIENTS

- 6 oz pizza dough
- 1 tbsp chili and garlic oil
- ¼ cup thinly sliced red onion
- 2 tbsp dill cream
- 2½ oz thinly sliced smoked salmon
- 1 tsp chopped fresh chives
- 1 tbsp sevruga caviar (optional)

1. Place a pizza stone on the middle rack of the oven and preheat the oven to 500° F.

2. On a lightly floured surface, stretch or roll out the dough into an 8-inch circle, with the outer edge a little thicker than the inner circle. Brush the dough with the oil and arrange the onion over the pizza. Slide a pizza paddle or rimless baking sheet under the pizza, then slide the pizza onto the pizza stone. Bake until the crust is golden brown, 6 to 8 minutes.

3. With a pizza paddle or large spatula, carefully remove the pizza from the oven and set it on a cutting board. Use a knife, an icing spatula or the back of a spoon to spread the dill cream over the inner circle. Arrange the slices of salmon so that they cover the entire pizza, slightly overlapping the raised rim. Sprinkle the chopped chives over the salmon. Using a pizza cutter or large sharp knife, cut the pizza into 4 or 6 slices. If you like, spoon a little caviar in the centre of each slice. Serve immediately. ►

'The menu for the 95th Academy Awards will pair glamour with innovation'

– RENOWNED RESTAURATEUR WOLFGANG PUCK

MASTER THESPIAN (NON-ALCOHOLIC)

INGREDIENTS
- 1½ oz Seedlip Grove 42
- ¾ oz kumquat cordial
- 3½ oz alcohol-free sparkling wine

1. Add Seedlip Grove 42 and kumquat cordial to a chilled champagne flute.
2. Top with alcohol-free sparkling wine.
3. Garnish with sliced kumquat and lemon twist.

BEST-PICTURE PALOMA

INGREDIENTS
- 1½ oz Don Julio Reposado Tequila
- ½ oz beet and orange juice blend
- ¼ oz grapefruit juice
- ½ oz lime juice
- ½ oz rosemary simple syrup
- 1 oz sparkling water
- dashes salt water

Glassware
- Collins glass

Garnish
- rosemary sprig
- dehydrated orange wheel

1. Add all ingredients (except sparkling water) to a shaker with ice.
2. Shake vigorously and strain over ice into a Collins glass.
3. Garnish with rosemary sprig and dehydrated orange wheel.

'The night's drinks are rooted in classics, elevated to Oscar-worthy cocktails and carefully balanced with seasonal, celebratory flavours'

– OFFICIAL OSCAR-NIGHT MIXOLOGIST CHARLES JOLY

SPICY TUNA TARTARE IN SESAME MISO CONES

Makes **about 20 cones**

INGREDIENTS

Miso Tuile Cone

- 4 oz (½ stick) butter
- 1 cup corn syrup
- ⅛ cup miso paste
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp sesame oil
- ½ cup all-purpose flour
- 1 tbsp powdered ginger
- ½ cup sesame seeds (¼ cup black, ¼ cup white)

Tuna Tartare

- 4 oz diced Grade 1 tuna (sushi grade)
- 1 tbsp diced pickled ginger
- 1 tsp chopped green onion
- 1 tbsp soy sauce/wasabi mixture (below)
- 2 tbsp spicy chili mayonnaise (below)

Garnish

- daikon sprouts
- sliced green onions
- masago roe
- pickled ginger, chopped
- bonito flakes

Soy Sauce/Wasabi Mixture

Mix ⅓ cup wasabi paste with a little water, then mix with soy sauce. Be sure to shake or mix before every use.

Spicy Chili Mayonnaise

Mix together 1 cup good-quality prepared mayonnaise, ⅓ cup plus ¼ tbsp sriracha hot chili sauce and ¼ tsp sesame oil.

1. Preheat oven to 350° F.
2. In a medium saucepan, melt the butter together with the corn syrup (be very careful not to let it boil). Remove from the heat and whisk in miso paste, salt, pepper and sesame oil. Sift in the flour, stirring continuously. Add the powdered ginger and sesame seeds.
3. Bake in the oven on silicone baking sheets (Silpat mats) in 1 tbsp portions for 10 minutes, then turn and bake for another 2 minutes.
4. Remove from the baking sheets and form into miniature cones.
5. Mix tuna tartare ingredients together.
6. Place daikon sprouts inside each cone, stem side first. Spoon tuna mixture inside cone. To garnish, place sliced green onions, masago roe, chopped pickled ginger, a drop of soy sauce/wasabi mixture and bonito flakes on top of tuna and serve immediately.

FOOD DISHES: WOLFGANG PUCK CATERING; DRINKS: ERIC MEDSKER

CHOCOLATE BARK

Serves **16**

INGREDIENTS

- 1 lb dark chocolate (64 to 70 per cent cocoa content), coarsely chopped
- ¼ cup roasted pecan halves
- ¼ cup coarsely chopped roasted macadamia nuts
- ¼ cup roasted shelled pistachio nuts
- ¼ cup roasted shelled sunflower seeds
- ¼ cup dried cherries
- ¼ cup chopped dried apricots

1. Line a baking sheet with parchment paper. Put the chopped chocolate in a microwave-safe bowl. Put the bowl in the microwave, set the power level to medium and microwave for 20 seconds. Stir the chocolate with a rubber spatula and, if not smoothly melted, microwave again for 20 seconds longer. Continue only until the chocolate is smooth.
2. Spread the melted chocolate on the parchment-lined baking sheet to a ¼-inch thickness (it's OK if the edges of the spread-out chocolate aren't neat because you'll be breaking it up). Immediately sprinkle the pecans, macadamias, pistachios, sunflower seeds, cherries and apricots over the melted chocolate.
3. Leave the chocolate to set until solid, about 20 minutes at cool room temperature or 5 to 10 minutes in the refrigerator.
4. Break the chocolate into rough serving pieces and store in a covered container at cool room temperature until serving time.

NOTE: If you start with raw shelled nuts, put them in a single layer in a baking pan and roast them in a preheated 350° F oven until golden, about 6 minutes. Remove them from the oven and let cool to room temperature before making the bark.

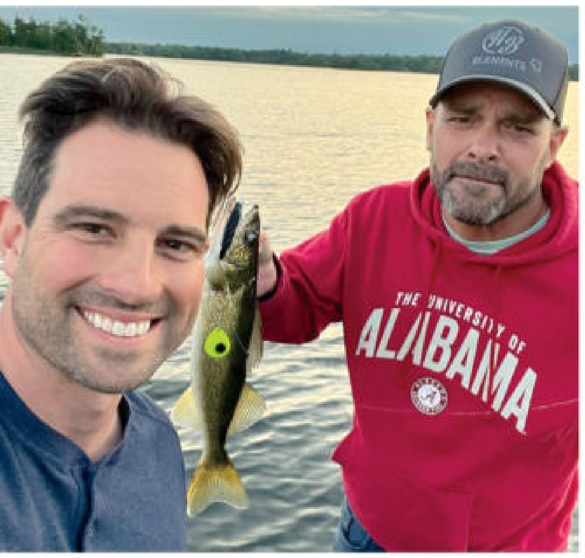
Exclusive

BRYAN BAEUMLER

FLYING HIGH

As he teams up with Scott McGillivray in a fun new series, the HGTV star and dad of four talks planes, parenthood and passion projects

Bryan Baeumler admits that, like many of us, he enjoys a little quiet time now and then. Unlike most, though, he often gets it in the cockpit of an airplane! "I like the silence," says the star, reflecting on his love of flying. The Ontario native got his pilot's licence last year so that he could commute from his family's home in Florida to the Bahamas, where he runs a luxury resort with his wife, Sarah (as seen on their HGTV series *Island of Bryan*). "It's super-convenient," not to mention fun. "I'll just put the music on and bounce off the clouds. It's amazing."



Kicking back with some quality "guy time" is another way that the busy builder, 48, likes to recharge. And he certainly got his fix when he was back in Canada last summer to film his latest HGTV series, *Renovation Resort*, with good pal and star contractor Scott McGillivray. "We did a little fishing. We had a few campfires… there were s'mores!" he reminisces of their off-camera "shenanigans."

Here, Bryan tells us about the show while catching us up on life with Sarah, 44, and their kids, Quintyn, 18, Charlotte, 15, Lincoln, 12, and Josephine, 10.

> 'Our priorities really shifted from creature comforts to experiences and memories. It's about taking the scenic route'

You and Scott have teamed up to be judges on *Renovation Resort*. Tell us about it. This is an old fishing camp that [Scott had purchased] and he gave me a call to say he wanted some help. So we've cast four teams of competitors to design, build and renovate waterfront cabins [on the resort]. We mentor them and judge week by week. The winners get $100,000. I'm just glad it's Scott's money they're giving away and not mine. [*Laughs*]

'Scott is the closest I have to a little brother,' Bryan says of his *Renovation Resort* co-star (together, far left). Explaining their playful onscreen banter, he jokes, 'With little brothers, occasionally you have to put them in their place.' Above: With wife Sarah and their four kids.

The show is all about creating the best, most inviting vacation rental. What's your idea of the perfect getaway? In the last 10 years, I think my perfect vacation has become "the less city I see, the better." [Sarah and I] really like going to small places off the beaten path. You feel like more of an explorer that way.

The last time we spoke, you had just moved your family to the Bahamas to begin renovations on your resort, Caerula Mar Club. What did you learn from that experience? We learned a lot from being on the island. We met people who were living in extreme poverty but always had a smile on their face. Their perspective was, "I woke up today." So our priorities really shifted from creature comforts to experiences and memories. It's about taking the scenic route and enjoying the ride.

Did it bring you closer as a family? We'll always be grateful for those three years we spent living and working with our kids on the island. Because now, you know, the kids are growing up!

Your youngest son is taking after you by learning to fly! Who inspired your passion for flying? Growing up, my dad had a hangar at the Toronto airport. He was an aircraft maintenance tech, so I grew up surrounded by aviation. I just never had the time or money to [get my licence] – first no money, and then no time. [*Laughs*]

With your Bahamas reno behind you, what's next for you and Sarah? She is currently looking at potential projects in Italy and France. And we're looking at another development in the Bahamas. We definitely have a little bit of wanderlust, a little ants in our pants. [*Smiles*] H

INTERVIEW: SARAH TRUMBLEY

***Renovation Resort* premières March 5 on HGTV Canada.**

Don't miss this week...

FILM A GOOD PERSON

Florence Pugh tugs at the heartstrings in her latest drama, the story of a woman whose life falls apart after being involved in a car crash that kills her fiancé's sister. Grieving and longing for solace, she leans into an unexpected friendship – with the victim's father (Morgan Freeman). "I was in awe of her," director Zach Braff has said of his ex-girlfriend's performance. "She's got that movie-star quality." *In theatres March 31*

ALBUM ENDLESS SUMMER VACATION

It's not quite spring, but Miley Cyrus is ready for summer! The Grammy nominee's eighth studio album is on the way, along with plenty of buzz thanks to her hit single "Flowers." Said Miley, "[It's] dedicated to my fans and the steadfast self-love I wish for each of you." *March 10*

TV DAISY JONES & THE SIX

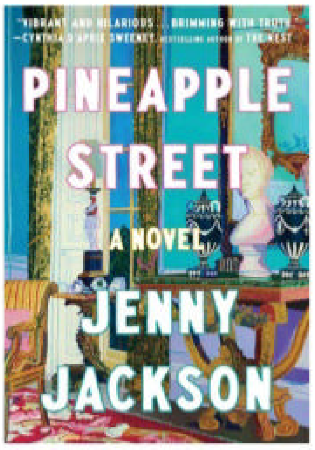
Adapted from Taylor Jenkins Reid's novel and starring Riley Keough (daughter of the late Lisa Marie Presley), the highly anticipated miniseries is a must for your watch list! The story follows the rise and fall of a renowned rock band in the '70s – and comes with raves from producer Reese Witherspoon, who "fell head over heels [for the] book," she has said. "I'm thrilled to be bringing it to the screen." *March 3, Amazon Prime Video*

TV LUTHER: THE FALLEN SUN

Four years after dark crime drama *Luther* wrapped up its fifth season, the titular hero returns in a movie follow-up. This time, the flawed detective (Idris Elba) finds himself jailed for a crime he didn't commit but determined to break out and hunt down the man who framed him – a serial killer terrorizing London. *March 10, Netflix*

BOOK PINEAPPLE STREET

Jenny Jackson's buzzy debut is a smart, escapist tale with plenty of wit. Focused on the lives, loves and dramas of three women – all from a wealthy family in Brooklyn, N.Y., but each on a different path – the novel is also a study of affluence, and all the trappings that come with it. A TV adaptation of *Pineapple Street* is already in the works. *March 7*



CLOCKWISE FROM LEFT: BRYAN BAEUMLER INSTAGRAM; JOHNNY C.Y. LAM; BRYAN BAEUMLER INSTAGRAM; JEONG PARK/MGM/COURTESY EVERETT COLLECTION; NO CREDIT; AMAZON STUDIOS; JOHN WILSON/NETFLIX; NO CREDIT

Jennifer Aniston spent New Year's Eve in Cabo San Lucas with her close friends Jason Bateman and Jimmy Kimmel.

Los Cabos

STAR ESCAPES

With its beautiful views and luxurious vibe, this star-studded wellness destination is the perfect getaway

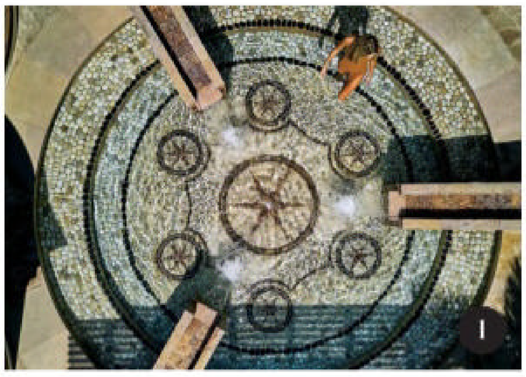
By Andrea Karr

EXPLORE

Located on Mexico's Baja California peninsula, Los Cabos is known for gorgeous weather, unparalleled luxury and outdoor adventures, including snorkelling, kayaking and scuba diving. For a special experience, book a tour with High Tide Los Cabos and paddle around the Land's End Arch in a glass-bottom kayak. If you prefer nightclubs and celebrity sightings, head to Cabo San Lucas – the city is a favourite of Selena Gomez and Priyanka Chopra Jonas.

INDULGE

Jennifer Aniston's go-to hotel One&Only Pamilla has a legendary spa menu complete with an ancient Mayan healing ritual – Temazcal – in a dome-shaped adobe. For a different vibe, head to The Well at Chileno Bay Resort & Residences (1) for the Jade Gua Sha treatment, a healing massage that uses jade tools, body oil and local agave serum to reduce stress and improve energy flow.

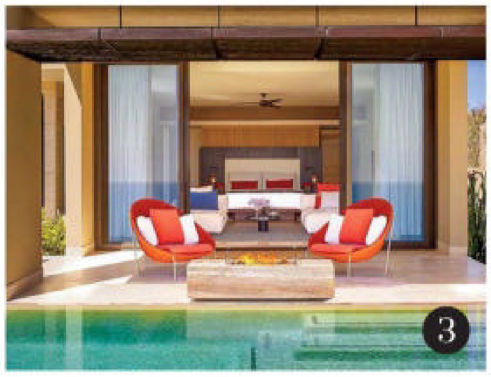


1

2

TASTE

Mexico's renowned hot spot Kitchen Table has opened its second location in San José del Cabo (**2**). The open-concept resto puts the focus on local ingredients and sustainability. Everything is made in-house – from the pan sourdough to the fire-roasted pork belly – and generates as little waste as possible. In Los Cabos's tourist corridor, visit Yaya at Chileno Bay to nosh on Mediterranean-meets-Mexican eats on a cozy patio.



3

STAY

Stunning luxury resort Montage Los Cabos (**3**) is an oasis on the shores of Santa Maria Bay. Reserve a private pool cabana and lounge the day away, then dine at one of four restaurant concepts on-site. If you prefer a lush jungle getaway, stay in a treehouse at Acre resort and wake up to breakfast on a terrace overlooking the palms. H

TRIP TIPS Rent a car to get around to little towns in the area, such as Todos Santos and Miraflores • Stock up on pesos for purchases – you'll usually get a better rate! • In August and September, there are fewer crowds but a higher chance of rain

What To Pack

The Square-Neck Bikini Top, $70, **and the Bikini Bottom**, $55, **in Blue Dusk**, everlane.com

SUN BUM
Face Mist

Sun Bum Original SPF 45 Sunscreen Face Mist, $23, well.ca

The Large in Sunrise, $490, awaytravel.com

CLOCKWISE FROM TOP: ISTOCK; CHILENO BAY INSTAGRAM; KITCHEN TABLE INSTAGRAM; MONTAGE LOS CABOS INSTAGRAM; AXELLE/BAUER-GRIFFIN/GETTY IMAGES

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Deborah Cox

The Canadian singer on love and marriage, making history and how she's taking good care of her heart

By Shanda Deziel

I consider myself a snowbird at this point," says Deborah Cox, who splits her time between Toronto and Miami. But she admits it's Canada that's really been showing her the love of late. The "Nobody's Supposed to Be Here" singer recently received her star on Canada's Walk of Fame and became the first Black woman to be inducted into the Canadian Music Hall of Fame. "I felt deep gratitude," she tells *Hello! Canada*. "It's for the history books – that's what is blowing me away."

These days, the mom of Isaiah, 19, Sumayah, 16, and Kaila, 14 – who's been married to her high school sweetheart (and music manager), Lascelles Stephens, for 25 years – is giving back: she's partnering with the Heart and Stroke Foundation of Canada to get women talking about their health. "You know, we put ourselves last," she says. "We're always the caregivers – we're always doing for everybody else – so I'm really excited about helping women empower themselves."

Here, we chat with Deborah, 48, about weddings, kids and curling up with a good book.

RIDE FOR HEART

I really prioritize exercise. I ride my bike around my neighbourhood. There are a lot of really great trails, and I can get a good 11 miles in. I'll have some uptempo house music on, or Prince or Michael Jackson, and I'm just coasting.

FUN MOM

I'm almost an empty nester, and I see my kids living their own lives now. But we stay connected – there's lots of silliness and laughing. I remain very close to my inner child, so I know that's always my way of connecting with them. Whether it's going to see a movie or going to the beach, we really thrive on being together, and even just being in the same room is cool.

FOLLOW IN MY FOOTSTEPS

My daughters write songs and they do sing, but they don't necessarily love the celebrity part of it. It's complicated! Lascelles and I are here to guide, protect and help them in any way we can – but not force them.

WEDDING SINGER

Professionally, I don't do weddings, but I'll do them for my friends. I take weddings seriously. When you find that person in this lifetime that you want to share your life with, that's not just a regular thing – it has a deep meaning to me. I sang at [Canadian comedian] Russell Peters's wedding. My song "Nobody's Supposed to Be Here" happened to be a favourite of theirs, so it really meant a lot to me that I was there in person to sing it to them.

BEACH VOWS

My own wedding was beautiful. It was in Negril, Jamaica, and we had just come off the road from doing so many shows around the world and our success was really just starting to pop off. But I was thinking at that time about how I was happy to be Mrs. Stephens. It was one of the happiest days of my life, being able to make that commitment to someone and go on this journey.

MY McENGAGEMENT

We lived in a tiny apartment in Scarborough, and we'd be writing songs during the day and take breaks where we'd hang out by the zoo and maybe stop at McDonald's. And that's where Lascelles popped the question. I was having a Filet-O-Fish, and it was definitely the last thing I expected. That surprised me! I think if it was in any other setting, I would have known it was coming. It was beautiful.

MEMOIR TIME

I've got Prince Harry's *Spare* as an audiobook. I'm not finished yet, but so far so good. I feel for him – everyone has their own perspective on where they are in the family. But usually I like to read while curled up in a blanket. I've done Sheila E.'s *The Beat of My Own Drum* and Michelle Obama's new one, of course. I've read Tina Turner's and Patti LaBelle's autobiographies. There are so many!

IT'S ALL COMING BACK TO ME NOW

Celine [Dion] knew how distraught I was about leaving her tour [as a backup singer in 1994]. We'd rehearsed the show and, when I left, I knew she would have to go and rehearse a whole new person. I felt so guilty about it, but I knew that I had to fulfil my own dream. Afterward, when Celine and I would reconnect – like at the Junos, when we were both nominated for Best Female Artist – she was just really, really warm and supportive. She was just so happy to see that I was still doing my thing, still hungry and excited, and still a dreamer. And she knew she had some small part in it.

CLOCKWISE FROM TOP: HEART & STROKE; ISTOCK; DEBORAH COX INSTAGRAM (2); VINCE BUCCI/GETTY IMAGES; MATHEW TSANG/GETTY IMAGES

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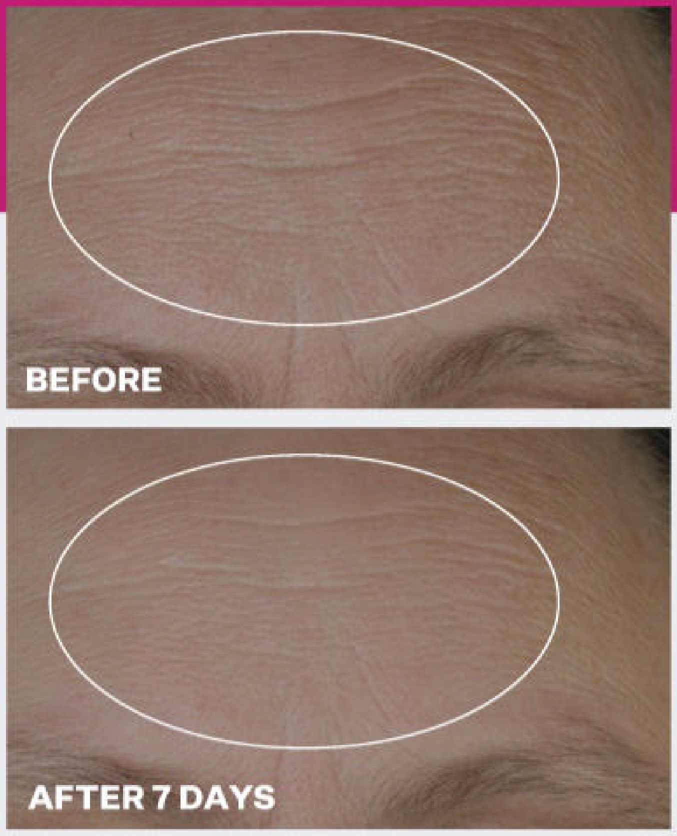
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